

Sonoma County Area Agency on Aging

FREE

2016 Senior Resource Guide



Agencies to Contact When I Need Help

Non-Urgent Information / Referral

- Area Agency on Aging, 565-5950, (800) 510-2020
- Council on Aging, 525-0143
- Petaluma People Services Center, 765-8490
- Sonoma County 2-1-1, from a local phone dial 2-1-1
- Long-term Care Ombudsman, 526-4108
- Sonoma Access, one-stop transportation resource center, sonomaaccess.org, 2-1-1
- Network of Care, networkofcare.org
- Eldercare Locator, (800) 677-1116
- Earn it! Keep it! Save it!, free tax preparation for low-income seniors, 2-1-1 or (800) 325-9604

Emergency Contacts

- 9-1-1 Hotline for life-threatening, health and safety emergencies
- Adult Protective Services 24-hour hotline, (800) 667-0404
- Long-term Care Ombudsman 24-hour hotline, (800) 231-4024
- Suicide Prevention North Bay 24-hour hotline, (855) 587-6373



Senior Resource Guide

Sonoma County Area Agency on Aging

The Sonoma County Area Agency on Aging (AAA) is a program of the Sonoma County Human Services Department. The AAA and its Advisory Council plan, coordinate and allocate funding for persons sixty years of age and older in Sonoma County. The AAA Advisory Council advises the Board of Supervisors on the needs of seniors, adults with disabilities, and their caregivers, and advocates on their behalf.

707-565-5950

3725 Westwind Boulevard, Suite 101
Santa Rosa, California 95403

The 2016 edition of the Sonoma County Senior Resource Guide is a directory of services, agencies, and programs which assists older persons in their daily lives. The services are listed in alphabetical order by category of service with specific agencies listed under the appropriate category.

The Area Agency on Aging (AAA) has made every effort to compile a useful senior resource guide for the residents of Sonoma County. The AAA does not endorse or recommend any of the listings contained in the guide. The AAA also does not guarantee or warrant any of the information or services provided by businesses listed in this guide. Residents and users of the guide are encouraged to consult with appropriate and accredited professional advisors for advice concerning specific matters before making any decisions. Directory may not be current after initial printing.

Information on issues related to older adults as well as on services listed in this directory can also be found at sonoma.networkofcare.org/aging.

The Sonoma County Senior Resource Guide is published by the Sonoma County Area Agency on Aging with funds provided by the Sonoma County Human Services Department. The Senior Resource Guide is provided free to seniors, caregivers, and their families. It is also available in Spanish.

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ADULT DAY PROGRAMS & RECREATION

Adult Day Programs

Programs that provide care for frail elderly in a supervised, protective setting during the day. Services may include social and recreational activities, training that is essential for sustaining the activities of daily living, and a hot lunch. Services are provided in a licensed facility. Some programs provide services for specific conditions such as Alzheimer's.

Alzheimer's Association

- Alzheimer's Care and Support Services707-573-1210
Offers a broad range of programs and services for people with the disease, their families, and caregivers. Offers individual care sessions, grants to help with the cost of in-home care, and subsidies for adult day care and respite care are made available. Provides information about the disease and what to expect and current care and treatment options. Helps secure legal, financial, and living-arrangement decisions. Offers caregiver education and training.

California Department of Rehabilitation

- Disabled Adult Services707-542-5609
Offers a day program for adults with physical, mental, and emotional disabilities by providing support groups and employment opportunities.

Catholic Charities of the Diocese of Santa Rosa

- Alzheimer's Respite Resource Center707-528-8712
Offers a caring environment for one-on-one interactions with volunteers and staff. The center provides a safe place, support groups, day activity programs for clients with dementia, while giving family members respite from caregiving.

Council on Aging

- Senior Social Clubs and Adult Day Program707-525-0143 ext 103
Offers seniors an opportunity to gather for meals, exercise, entertainment and companionship and provides needed respite for caregivers.
- Sonoma Valley Respite707-525-0143
Providing necessary breaks for the caregivers of Alzheimer's patients.

Petaluma People Services Center

- Adult Day & Respite707-765-8488
Offering adult day and respite care - call for days and times.

Primrose

- Adult Day Club707-578-8360
- Assited Living707-578-8360

Vintage Brush Creek

- Residential Assisted Living707-538-2590
- Respite Care707-538-2590
Offers short term residential care for respite at facility.

Senior Centers

Multipurpose centers that serve as a focal point for older adults in the community and which offer, at a single location, a wide variety of services, programs, and activities that are needed and are of interest to seniors. Most senior centers have newsletters.

City of Healdsburg

- Healdsburg Senior Center707-431-3324
www.healdsburgparksandrec.org
Multi-Purpose Senior Center providing educational, recreational, fitness & leisure activities; bus trips and support services. The Healdsburg Senior Center is also home to the Council on Aging's Congregate Dining and Meals on Wheels programs serving Healdsburg seniors. Legal aid available once a month with appointment.

City of Petaluma

- Petaluma Senior Center Services707-778-4399
www.cityofpetaluma.net/parksnrec/senior.html
Offers recreation, social services and a drop-in center for senior citizens. Scheduled classes and monthly activities include day trips. Also offers outreach services such as legal advocacy and health insurance counseling. A newsletter is available at an affordable cost. Specialized Information and Referral.

City of Rohnert Park

- Rohnert Park Senior Center707-585-6780
www.rpcity.org
Offers a variety of programs and services for seniors age 50+ including exercise, dance, and art classes.

City of Santa Rosa

- Bennett Valley Senior Center707-545-8608
www.santarosarec.com
Provides a wide range of services, recreation, special events, trips, leisure services and classes. The classes include dancing, creative writing, Spanish, computer, in-house choral group and history.
- Finley Senior Center707-543-3745
Offers multipurpose programs for seniors.

Cloverdale Senior Center

- Cloverdale Senior Center707-894-4826
Activities and services that encourage participation in community life, promote well-being and independence, enhance dignity. Regular classes in Yoga, Art, Spanish, French, Tai Chi, Dance, Computers, and Writing. Special events include trips, dinners and presentations by guest speakers. Members referred to other agencies if we are not able to help them directly. The Council on Aging serves a daily lunch at our facility. Specialized Information and Referral.

Jewish Community Center

- Friendship Circle 707-528-1182 & 707-528-1476
Offers programs primarily for Jewish Seniors aged 55 and older.

Sebastopol Area Senior Center

- Sebastopol Area Senior Center707-829-2440
www.sebastopolseniorcenter.org
Helps to create and maintain an environment that encourages independence for seniors, provides learning, social and recreational opportunities in pursuit of an active and healthy life. Provides resources and referrals for seniors, their family members, and other individuals. Helps the greater community understand the aging process and the issues that surround that process.

Sonoma County Indian Health Project

- Senior Center 707-882-2877
Provides hot lunch for seniors.

Town of Windsor

- Windsor Senior Center707-838-1250
Offers educational, recreational, health and social programs and therapeutic water fitness May-October.

Vintage House

- Senior Center 707-996-0311
www.vintagehouse.org
Dedicated to providing Sonoma Valley residents aged 55+ with services and activities aimed at making life more enjoyable and stimulating.

West County Community Services

- Russian River Senior Resource Center-Case Management 707-869-0618
www.cfssa-sonoma.org
Provides case management services to seniors.

Recreation

Programs that provide opportunities for people to participate in recreational activities, games or sports. For other activity centers throughout the county see the “Senior Centers.”

Becoming Independent

- Personal Enrichment 707-524-6600
www.becomingindependent.org/
Various programs for adults with developmental disabilities, including seniors.

Northern California Center for Well-Being

- Northern California Center for Well-Being 707-575-6043
www.norcalwellbeing.org
Assists in improving the quality of life and health of our Sonoma County community through evidence-based preventive services and self-care classes, emphasizing full participation and decisions affecting health.

Petaluma Adult School

- Computer Learning 707-778-4633
Course work for high school diploma, English as a second language, vocational and adult classes including computer skills classes.

Santa Rosa Junior College

- Older Adults Program 707-527-4533
www.santarosa.edu/
Offers free noncredit educational classes designed specifically for older adults as part of its goal to provide lifelong learning. Classes offer older adults a variety of educational classes which provide activities to promote physical, cognitive, social and emotional health. Locations of classes vary.

COUNSELING & CRISIS PREVENTION

Support groups are autonomous groups of individuals who share a common problem or concern and who meet together on a voluntary basis for mutual support. Also listed are programs that offer counseling services.

General Counseling

Alliance Medical Center

- Mental Health Care and Counseling 707-431-8234
Provides mental health counseling.

Chrysalis Community Counseling Services

- Chrysalis Community Counseling Services 707-545-1670
Provides affordable high quality feminist counseling on a sliding scale for women, men, couples, families

and children. Also offers groups. Specialties include anger management, life transitions, self-esteem, and relationship issues. Training and supervision in feminist therapy for interns and licensed counselors.

Jewish Family and Children's Services

- Counseling and Support Groups 707-571-8131
www.jfcs.org/services/individuals-couples/counseling-consultation
Provides counseling services and offers support groups for adults and children.

Petaluma People Services Center

- Counseling and Prevention Services..... 707-765-8488
Providing individual or group counseling services and community resources through information and referral for persons of all ages.

San Francisco Department of Veterans Affairs Medical Center

- Santa Rosa VA Outpatient Clinic 707-569-2401
www.sanfrancisco.va.gov/cboc/santarosa.asp
Offers health services, mental health services, and pharmacy.

Sonoma Valley Community Health Center

- Grief and Bereavement Counseling 707-939-6070
www.svchc.org
Grief and bereavement counseling services.

Therapy Works: Healing Beyond Survival

- Survivor Therapy and Healing 707-523-9192
www.TherapyWorksHBS.org
Offers therapy to survivors of childhood abuse & neglect, survivors of sexual assault & harassment, women and men in the military, survivors of accidents & disasters, survivors of divorce or separation, survivors of infidelity, survivors of invasive surgeries, and survivors of any kind of trauma. Provides client centered therapy to recover emotionally, behaviorally, cognitively, relationally, or spiritually.

West County Community Services

- Russian River Empowerment Center 707-604-7264
www.cfssa-sonoma.org
A mental health and wellness drop-in center that provides a safe and supportive haven for those who want to transcend serious and persistent mental illness. With peer support, positive self-worth, recovery, self-determination, responsibility, and choice are nurtured. Offer activities and support groups that create opportunities for learning, growth and empowerment. Free transportation is available from Monte Rio, Guerneville, Forestville, Graton and Sebastopol.
- Counseling Services..... 707-545-4551 ext 201
www.cfssa-sonoma.org
Offering individual counseling and support groups for men and women.

Medical Condition – Education and Support

ALS Foundation

- ALS Foundation: Golden West Chapter 866-750-2572
www.alsa.org/

American Cancer Society

- Support Groups 707-545-6720
Provides information and education on support groups for cancer patients, families of cancer patients, and caregivers. One on one peer support provided for newly diagnosed Breast Cancer patients through American Cancer Society Reach to Recovery program. Call for specific groups in and around Santa Rosa.

American Heart Association- North Bay Division

- Medical Condition Education and Support707-542-1992
Offering education programs about heart disease and stroke in addition to CPR classes for patients and their families.

American Lung Association in California

- Asthma Coalition.....707-527-5864
Providing support groups and information on lung health for patients and their families.
- Better Breathers Clubs
Better Breathers Clubs (BBC) are a core program and resource of the American Lung Association in California. The purpose of the club is to offer patient-centered and community-based educational opportunities and support to persons with chronic lung disease.

Arthritis Foundation

- Arthritis Foundation.....415-356-1230
Offers arthritis information, a physicians list and referral to local programs. Sonoma County arthritis programs include water and land based exercise classes, public education forums, self-help courses and walking groups.

Cystic Fibrosis Foundation

- Cystic Fibrosis Foundation415-989-6500

Defense Centers of Excellence

- Outreach Center and Transition Support.....866-966-1020
Provides advocacy services to active military, veterans, and families of active military and veterans. Services include advocacy, specialized information and referral, and veterans benefits assistance. Services are targeted to individuals dealing with mental health issues and traumatic brain injuries. DCoE Outreach Center is available 24/7.

Earle Baum Center

- Supports Groups for the Visually Impaired707-523-3222
Provides programs including training, social, and recreational opportunities in a community center for people with sight loss.

Epilepsy Foundation of Northern California

- Epilepsy Foundation of Northern California.....800-632-3532
Assistance to people affected by epilepsy. Education service programs for individuals and their families, health and public safety officials, schools and other professionals. The Information Resource Center offers information about epilepsy and assistance in reaching healthcare and other needed services. Provides print materials and videos, support groups and online communities.

Face To Face

- Care Services707-544-1581
www.f2f.org
Offering programs specifically for those diagnosed with AIDS or HIV.

Heartland Hospice Services

- Heartland Hospice Services707-523-0188

Hospice by the Bay

- Health Care Services.....415-927-2273
www.hospicebythebay.org

Huntington's Disease Society of America

- Sonoma County Support Group916-927-4400

Offering a monthly support group in Sonoma County- call for locations and times.

International Essential Tremor Foundation

- Tremor Support Group707-539-7836
Offering support groups monthly for education and support.

Lupus Foundation of Northern California

- Lupus Support Group707-537-0358
www.lfnc.org
Education and support for patients and family of lupus and related diseases. Disability specialists, healthcare professionals and other patients share experiences and suggestions as guest speakers.

National Multiple Sclerosis Society Northern California Chapter

- Resources for People with Multiple Sclerosis..... 415-230-6677
The Northern California Chapter is a lifeline for people living with MS by providing reliable knowledge, engaging and innovative programs and services, financial assistance and a sense of community.

Neuropsychological Associates

- Neuropsychological Case Management.....707-526-5424
Offers neuropsychological case management including evaluations, cognitive rehabilitation, memory clinic, psychopharmacological consultation and counseling services, and planning for long term care needs.

Ostomy Association of Sonoma County

- Support Group707-823-4882
Ostomy Health Care provides moral support and rehabilitation teams to visit post-operative or pre-operative Ostomates on a doctor's request. Provides educational materials and kits and works closely with the American Cancer Society and professionals.

Parkinson's Support Group of Petaluma

- Parkinson's Support Group 707-766-8521 or 707-795-4858

Parkinson's Support Group of Sonoma County

- Parkinson's Support Group of Sonoma County.....707-538-5178

Saint Joseph Health - Sonoma County

- Hospice.....707-568-1094
Provides palliative care and support services for terminally ill patients and their families. This includes physical, psychosocial, spiritual and bereavement care. Bereavement services are available to all Sonoma County residents. Groups are available for adults, teens and children as well as individual counseling.

Sonoma County Kidney Crisis Foundation

- Sonoma County Kidney Crisis Foundation.....707-525-4662

Stroke Club of Sonoma County

- Stroke Club of Sonoma County707-431-7352

Sutter Care at Home

- Sutter Care at Home.....707-535-5780
Offers support groups including Bereaved Parents, Survivors of Suicide, Partner/Spouse Loss, People in Grief, Adults who have Lost Parents, and Daughters Grieving the Mothers.
- Sutter Care at Home-Children and Adolescent Bereavement Support Groups.....707-535-5780
Group leaders facilitate the children's discussion of their feelings about life-threatening illness, the dying process or death of a loved one, anticipated or sudden. Participants are offered a variety of opportunities through play and art activities to express their feelings and build memories.

- Sutter Care at Home-Parents Supporting Grieving Children Support Group707-535-5780
6-week groups for parents with children and teens whose partner has died. Discussion topics include how children grieve differently than adults, developmental concerns and considerations, suddenly being a single parent, ups and downs of grieving process, and insights and ways to foster healing.

Age-Related Counseling

Alzheimer's Association

- Alzheimer's Support Groups.....707-573-1210
www.alz.org
Offers information and support for caregivers, family and friends of persons with Alzheimer's disease.

Catholic Charities of the Diocese of Santa Rosa

- You Are Not Alone Support Group707-528-8712

Council on Aging

- Senior Peer Support..... 525-0143 ext 125
Provides assistance to seniors for various mental health issues, conducts home visits to eligible clients to assess mental health needs.

Episcopal Senior Communities

- Senior Center Without Walls.....877-797-7299
www.seniorcenterwithoutwalls.org/
Free telephone conference based program offering activities, friendly conversation, education, and an assortment of classes, support groups, and presentations for homebound or isolated persons aged 50+.

Jewish Family and Children's Services

- Seniors at Home.....707-303-1515
www.SeniorsAtHome.org
Comprehensive services for the entire community from bill paying to conservator of estate, to help seniors safely manage their finances.

Petaluma People Services Center

- Healthy Outlook.....707-765-8488
www.petalumapeople.org
Depression screening and counseling for people 60 years of age or older.
- Senior Counseling Services707-765-8488
Provides counseling services, mental and behavioral, for veterans and seniors. Sliding scale available.

West County Community Services

- Russian River Empowerment Center707-604-7264
www.cfssa-sonoma.org
A mental health and wellness drop-in center that provides a safe and supportive haven for those who want to transcend serious and persistent mental illness. With peer support, positive self-worth. recovery. self-determination, responsibility, and choice are nurtured. Offer activities and support groups that create opportunities for learning, growth and empowerment. Free transportation is available from Monte Rio, Guerneville, Forestville, Graton and Sebastopol.
- Russian River Senior Resource Center.....707-823-1640
Offers counseling and support groups for seniors.
- Senior Adult Counseling 707-823-1640 ext 380
Senior Peer Counseling provides weekly in-home counseling and weekly support groups to seniors.

Alcohol and Drug Related Counseling

Al-Anon/Alateen World Service Office

- Al-Anon.....707-575-6760
www.sonapalanon.com/
Support group meetings for family, friends and teens whose lives are affected by alcoholism. Information about meetings and referral numbers for counselors.
- Alateen.....707-575-6760
www.sonapalanon.com/

Alcoholics Anonymous World Service

- Alcoholics Anonymous.....707-544-1300
www.sonomacountyaa.org/
24 hour help line
- Book Store.....707-546-2066
Providing literature to help solve the common problems for those in recovery from alcoholism.

Center Point Drug Abuse Alternative Center

- Outpatient Treatment Program707-544-3295
Outpatient and Residential Treatment Programs and family and friends support groups.
- Turning Point Residential Treatment.....707-284-2950
The program is an affordable, 12-step based residential treatment center for adults seeking recovery from addiction to alcohol and/or drugs. Treatment services include 20 hours per week of group counseling, educational classes, individual counseling, individual learning assignments and family counseling.

County of Sonoma Health Services - Alcohol and Other Drug Services

- Orenda Center Detox707-565-7450
www.sonoma-county.org/health/about/behavioralhealth_aod.asp
Drug Abuse Alternatives Center staff are available 24 hours a day at the Orenda Center for alcohol and other drug detoxification services. The Detox Program is designed to provide evaluation and supportive services to assist acutely intoxicated individuals in withdrawing from the effects of alcohol and other drug abuse and plan for continuing recovery.

Counseling for Caregivers

Alzheimer's Association

- Alzheimer's Support Groups.....707-573-1210
www.alz.org
Offers information and support for caregivers, family and friends of persons with Alzheimer's disease.

Brain Injury Network

- Brain Injury Support.....707-544-4323
Serves individuals who have sustained acquired brain injuries, provides peer support and self-help meetings. Offers survivor and family caregiver support by telephone and email and provides social and youth information and referral. Services also include advocacy on issues of importance to the brain injury community.

Catholic Charities of the Diocese of Santa Rosa

- Alzheimer's Respite Resource Center.....707-528-8712
Offers a caring environment for one-on-one interactions with volunteers and staff. The center provides a safe place, support groups, day activity programs for clients with dementia, while giving family members respite from caregiving.

Petaluma People Services Center

- Caregivers Express Support Group.....707-765-8488
www.petalumapeople.org
A support group for caregivers of people who are suffering from Alzheimer's and information on community resources.

Primrose

- Support Group for Caregivers707-578-8360
Offers support groups and respite care designed to give caregivers a break from caregiving.

Redwood Caregiver Resource Center

- Redwood Caregiver Resource Center.....707-542-0282
Offers respite, sliding scale with co-pay, serving caregivers of brain-impaired adults over the age of 18 years and the frail elderly.

West County Community Services

- Russian River Senior Resource Center-Caregiver Support707-823-1640
Provides caregiver education, support and counseling.

Crisis Prevention

Community Helpline-A Division of Helpline Youth Counseling

- Community Helpline877-541-2525
Community Helpline is a 42 year old nonprofit confidential listening, referral and crisis hotline serving the entire state of California toll free. Callers of all ages are welcome to call for support with issues like depression, anxiety, substance abuse, domestic violence and crisis/suicide. Listeners are ready to help clarify feelings and concerns and give callers a non judgmental empathetic ear.

County of Sonoma Health Services - Behavioral Health Division

- Mental Health Access Team707-565-6900
www.sonoma-county.org/health/about/behavioralhealth_mh.asp
Offers individual and family counseling; bereavement support. Accepts Medicare and some insurance.
- Older Adult Mental Health Services 707-565-4857
www.sonoma-county.org/health/about/behavioralhealth_mh.asp
Provides psychiatric assessment and treatment of older adults who are 60 years of age and over and who have a psychiatric disability that disrupts or interferes with the individual's ability to maintain residence or engage in productive activities and daily responsibilities. Services may also be available to families of older adults. Offers psychiatric consultation, information, and education to other agencies and individuals working with older adults.
- Psychiatric Emergency Services707-565-4970
www.sonoma-county.org/health/about/behavioralhealth_mh.asp
Provides 24 hour psychiatric emergency mental health services and referrals.

County of Sonoma Human Services - Adult and Aging Division

- Adult Protective Services.....707-565-5940
www.sonoma-county.org/human/adult_aging.htm
Investigation of abuse and neglect of elder or dependent adults living in the community.

Department of Veterans Affairs

- Veterans Crisis Line.....800-273-8255
www.veteranscrisisline.net
Connects veterans in crisis and families and friends with qualified Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can

call, chat online, or send a text message to 838255 to receive confidential support 24/7. Support for deaf and hard of hearing individuals is available.

Family Justice Center Sonoma County

- Criminal Justice Services707-565-8255
The Family Justice Center Sonoma County empowers family violence victims to live free from violence and abuse by providing comprehensive services, centered on and around the victim, through a single point of access.

Goodwill Industries of the Redwood Empire

- Peer Warmline Connection.....707-565-4466
Offers a supportive, caring, and non-judgmental listener for people who wish to speak with someone about a crisis or who may be experiencing troubling thoughts or feelings. Offers information and referral for counseling and other crisis needs. The Warmline is staffed by peers with mental health experience.

Institute on Aging

- The Friendship Line Hotline415-752-3778
Provides a hotline for suicide prevention services for seniors.

National Domestic Violence Hotline

- Domestic Violence Hotline.....800-799-7233
www.thehotline.org
Provides confidential, one-on-one support offering crisis intervention, options for next steps and direct connection to sources for immediate safety. Also an excellent source of help for concerned friends, family, co-workers and others seeking information and guidance on how to help someone they know.

National Eating Disorders Association

- National Eating Disorders Association Helpline..... 800-931-2237
www.nationaleatingdisorders.org
Helps individuals who may be struggling with an eating disorder. Trained volunteers can provide you with treatment options and information and referrals in a compassionate manner.

North Bay Suicide Prevention Hotline of Sonoma County

- North Bay Suicide Prevention Hotline of Sonoma County855-587-6373
www.fsamarin.org
Suicide Prevention and Crisis Counseling.

San Francisco Suicide Prevention

- HIV Nightline..... 415-434-2437
www.sfsuicide.org/our-programs/hiv-nightlines/
Offers free, confidential and emotional support all night to people just testing HIV positive, people in later stages of AIDS feeling isolated and/or concerned about their medications, caregivers buckling under the stress of caring for a loved one at home, and people concerned about the HIV risks.

Senior Advocacy Services

- Ombudsman-Long Term Advocacy.....707-526-4108
Investigation and prevention of abuse and neglect in residential care, assisted living facilities, and nursing homes.

Sonoma Police Department

- YWCA Domestic Violence Services.....707-565-8733
www.sonomacity.org
24 hour crisis hotline offering support and resources.

Verity - Sonoma County Rape Crisis Trauma & Healing Center

- 24/7 Crisis Hotline707-545-7270
24 hours crisis line is staffed by trained, compassionate, California State Certified Sexual Assault Victim Counselors for confidential counseling, emergency assistance, information and referrals. Crisis intervention is provided to anyone affected by sexual assault – survivors and their family and friends.

YWCA of Sonoma County

- Domestic Violence Services707-546-1234
www.ywca.org/sonomacounty
Provides a 24-hour hotline, individual and group therapy, and support groups for victims of domestic violence, child abuse and or sexual assault. A residential emergency safe house in a confidential location is also available for women and their children who are at-risk of domestic violence or sexual assault and cannot remain at home.

Visiting and Reassurance Programs

American Cancer Society

- Support Groups707-545-6720
Provides information and education on support groups for cancer patients, families of cancer patients, and caregivers. One on one peer support provided for newly diagnosed Breast Cancer patients through American Cancer Society Reach to Recovery program. Call for specific groups in and around Santa Rosa.

Catholic Charities of the Diocese of Santa Rosa

- Friendly Visitor Program707-528-8712
- I'm Home Alone707-528-8712 ext. 185
www.srcharities.org
Daily telephone check-in service by volunteers to seniors, disabled and housebound individuals throughout the county. Emergency response as needed.

Episcopal Senior Communities

- Senior Center Without Walls.....877-797-7299
www.seniorcenterwithoutwalls.org/
Free telephone conference based program offering activities, friendly conversation, education, and an assortment of classes, support groups, and presentations for homebound or isolated persons aged 50+.

Jewish Family and Children's Services

- Seniors at Home707-303-1515
www.SeniorsAtHome.org
Comprehensive services for the entire community from bill paying to conservator of estate, to help seniors safely manage their finances.

LITA of Sonoma County

- LITA of Sonoma County.....707-542-1234
Visiting program for residents of nursing homes.

Petaluma People Services Center

- Friendly Visitor Program707-765-8488
www.petalumapeople.org
Volunteers visit homebound seniors in their homes.

DISASTER SERVICES

Disaster Information and Bulletins

American Red Cross - CA Northwest Chapter

- Disaster Response Services707-577-7600
www.redcross.org/ca/santa-rosa/disaster-preparedness-and-response
Emergency shelter, food, prescriptions, eyeglass replacements and clothing for individuals and families who are victims of disasters such as floods, fires, explosions, and others; training for volunteers interested in serving in times of disaster; and an emergency preparedness education program.
- Military Family Services.....707-577-7606
www.redcross.org/find-help/military-families
Provides emergency communication services between active duty military and their immediate family members both within the United States and overseas.
- Restoring Family Links707-577-7633
www.redcross.org/find-help/contact-family/find-family-after-war-international-disaster
Assists families searching for loved ones who have gone missing abroad because of civil conflict or natural disaster. The American Red Cross works with individuals to secure information about their lost relatives and the circumstances that created the separation.
- Safe and Well707-577-7600
safeandwell.communityos.org/cms/
List yourself or search for others during and after a disaster.

California Department of Transportation

- Caltrans510-286-4444
www.dot.ca.gov

California Emergency Management Agency

- Emergency and Disaster Information Bulletins..... 916-845-8911

California Poison Control System

- Poison Control Hotline.....800-222-1222
www.calpoison.org
Help with medication double doses, drug interactions, and accidental poisoning.

Catholic Charities of the Diocese of Santa Rosa

- Cold Weather Hotline855-707-4678
During inclement weather (rain, temperatures below 38 degrees) hot coffee, food, and clothing are available to those in need at the Homeless Services Center or at one of our community mobile warming stations.

County of Sonoma

- Road Closure Updates707-565-5800
roadconditions.sonoma-county.org/

County of Sonoma Fire and Emergency Services

- Office of Emergency Services 707-565-1152
www.sonoma-county.org/fire
The Emergency Management Division (also referred to as the County Office of Emergency Services - OES) is one of the divisions of the County's Fire and Emergency Services Department.

North Bay Veterans Resource Center-A Division of Vietnam Veterans of California Inc

- North Bay Veterans Resource Center 707-578-8387
Assists enrolled veterans of all eras with transportation, clothing, tools, fees, tuition and training costs.
Veterans employment and training program and veterans' transitional home.

U.S. Department of Homeland Security

- Federal Emergency Management Agency 800-621-3362
www.disasterassistance.gov
Provides disaster assistance to organizations and individuals.

Volunteer Center of Sonoma County

- 2-1-1 Sonoma 211
www.211Sonoma.org
Connects Sonoma County residents with non-emergency information and referrals to local health and human services resources - food, clothing, shelter, counseling, financial aid, eldercare, child care, transportation and Sonoma Access programs. The comprehensive database is available online and by phone 24 hours a day, 7 days a week.

Disaster Health and Mental Health Services

Alexander Valley Healthcare

- Disaster Services 707-894-4229
Medical Services are open in times of disaster

Alliance Medical Center

- Medical Disaster Services 707-433-5494

Disaster Food, Clothing, and Shelter

American Red Cross - CA Northwest Chapter

- Disaster Response Services 707-577-7600
www.redcross.org/ca/santa-rosa/disaster-preparedness-and-response
Emergency shelter, food, prescriptions, eyeglass replacements and clothing for individuals and families who are victims of disasters such as floods, fires, explosions, and others; training for volunteers interested in serving in times of disaster; and an emergency preparedness education program.
- Emergency Shelter 707-577-7600
Organizes and offers emergency shelter for individuals and families. Shelter location information will be announced in response to a disaster.

Catholic Charities of the Diocese of Santa Rosa

- Cold Weather Hotline 855-707-4678
During inclement weather (rain, temperatures below 38 degrees) hot coffee, food, and clothing are available to those in need at the Homeless Services Center or at one of our community mobile warming stations.
- Cold Weather Response Team 855-707-4678
Active November through March, teams plan, implement, and respond to the needs of those experiencing homelessness. Teams transport and coordinate warming stations by organizing a trailer delivery of tents and heaters to areas in need.
- Family Support Center 707-542-5426
Emergency shelter for children and their families, the disabled and seniors. Intake is daily, may have a waiting list. No clothing distribution.

- Family Support Center Winter Shelter Weather-Driven Expansion855-707-4678
Provides an additional 30-40 beds for families during extreme weather and a second 20 beds. Weather-Driven Expansion is possible. Open all night for family drop-in during extreme weather. Donations of blankets, coats, hats, and other warming items are accepted on-site and can be picked up on-site as well.
- Mobile Warming Stations.....707-542-5426 ext 210
Spontaneous sheltering and feeding station available during severe cold weather conditions, when temperatures reach below 38 degrees. Provides cots, meals, hot drinks, and a warm shelter to people in need.
- Rural Food Project.....707-528-2646
Supplemental food for all in need. Distribution in rural areas including Boyes Hot Springs, Fulton, Graton, Sebastopol, and Healdsburg - call for schedule.
- Safe Parking Weather-Driven Expansion707-525-0226
During cold weather the Safe Parking program provides additional parking spots as well as warming stations for those who are sleeping in cars during extreme weather.
- Street Outreach Team 707-800-2927
A Street Outreach Team targets their efforts to provide life-saving warm items to those living outdoors and distributes tarps and rain gear.
- Warming Center.....855-707-4678
During extreme weather the Homeless Service Center will open as a warming center to the public during the night.
- Winter Shelter.....707-525-0226
www.srcharities.org
Call for current dates. Register through the Homeless Service Center. Task performing service animals allowed.

Church of Christ

- Emergency Disaster Services 707-545-2391
Provides food pantry services in the event of a disaster.

Committee on the Shelterless (COTS)

- Petaluma Kitchen707-765-6530
www.cots-homeless.org/index.php/how-we-help/homeless-services/
Serves breakfast and lunch daily. Meals and grocery distribution for low income families. Food Box Program available for Petaluma residents meeting eligibility requirements, call for details.
- Mary Isaak Center707-765-6530
www.cots-homeless.org/index.php/how-we-help/homeless-services/
Emergency shelter program for single adults and family transitional housing.

FISH of Santa Rosa

- Food Pantry 707-527-5151
Food only- call ahead for schedule to pick up food.

Friends in Sonoma Helping (FISH)

- Food Closet707-996-0111
www.friendsinsonomahelping.org
Call for food pick up Monday through Friday. Other services include transportation and clothing. Schellville to Glen Ellen.
- Sonoma Severe Weather Shelter 707-939-6777
Provides shelter for those without a place to stay during severe weather, includes a hot meal at dinner and breakfast in the morning. Offers participants a warm and dry place to sleep. Coordinated by various churches and partnering agencies within Sonoma Valley.

Redwood Empire Food Bank

- Disaster Food/Feeding Services707-523-7903
Provides emergency food in the event of a disaster.
- Food Connections - Emergency Food Referral707-523-7903
www.refb.org/html/get_food.html
Information about access to emergency food resources and food distribution.

Redwood Gospel Mission

- Cold Weather Overflow Nomadic Shelter 707-542-4817
Clients register at Redwood Gospel Mission, Santa Rosa and take a shuttle to various churches. Locations vary by night. Mats or cots are provided. Shuttle returns them back to RGM in the morning.
- The Rescue Mission and Homeless Guest Services 707-542-4817
www.srmission.org/find.html
Meals, shelter, and clothing for men. Alcohol and drug recovery program in addition to job development for men and women.
- The Rose Emergency Shelter for Women & Children707-573-0490
Provides basic necessities like food, clothing, shelter and personal hygiene in a home-like setting for women and their children.

Salvation Army Santa Rosa Corps

- Emergency Disaster Services 707-542-0991
Provides emergency/disaster services: food, clothing, shelter, and donation management. Emergency mobile kitchen provides food and spiritual counseling at disaster area to first responders and victims.

Society of Saint Vincent De Paul of Sonoma County

- Saint Vincent De Paul Disaster Services.....707-584-1579
Provides clothing and food services in the event of a disaster.

Sonoma County Task Force for the Homeless

- Winter Warmth Program707-575-4494
sonomacountyhomeless.org/winter-warmth/
Collects winter warmth items from the public and distributes to homeless services agencies only. Accepts donations of survival gear year round.

United Way of the Wine Country

- Disaster Services.....707-528-4485
United Way serves as a liaison between the public and 2-1-1, coordinating monetary donations in times of disaster.

West County Community Services

- West County Winter Shelter 707-823-1640 ext 115
www.facebook.com/westcountywintershelter
Provides a basic, life-saving place for homeless adults in the Lower Russian River Area to sleep indoors during the winter months.

EDUCATION, TRAINING & EMPLOYMENT

Adult Education

Programs that provide opportunities for people in the community to acquire knowledge, skills, and general competence that will enable them to fully participate in and enjoy the social, political, economic and intellectual life of the community.

AARP

- AARP Program Referrals..... 888-687-2277
Offering program referrals to persons aged 50 years or older.

Community Network for Appropriate Technology

- Community Network for Appropriate Technology 707-539-2364
Provides information, education and advocacy on end of life issues, advance care planning and palliative care.

Petaluma Adult School

- Computer Learning 707-778-4633
Course work for high school diploma, english as a second language, vocational and adult classes including computer skills classes.

Santa Rosa Junior College

- Older Adults Program 707-527-4533
www.santarosa.edu/
Offers free noncredit educational classes designed specifically for older adults as part of its goal to provide lifelong learning. Classes offer older adults a variety of educational classes which provide activities to promote physical, cognitive, social and emotional health. Classes vary with locations in Sonoma, Oakmont, Petaluma, Cloverdale, Healdsburg, Windsor, Santa Rosa, Cotati, Rohnert Park, and Sebastopol.

Sonoma County Elder Protection Workgroup

- Informational Sessions for Seniors
Provides free informational sessions for seniors and those who care about them.

Sonoma State University

- Osher Lifelong Learning Institute..... 707-664-2394
Offers continuing education programs for adults 50+ with SSU faculty and other Bay Area educators expertise whose life experience and intelligence enrich the exchange of ideas.

Health Education

American Lung Association in California

- Better Breathers Clubs 510-638-5864
Better Breathers Clubs (BBC) are a core program and resource of the American Lung Association in California. The purpose of the club is to offer patient-centered and community-based educational opportunities and support to persons with chronic lung disease.

Northern California Center for Well-Being

- Northern California Center for Well-Being 707-575-6043
www.norcalwellbeing.org
Assists in improving the quality of life and health of our Sonoma County community through evidence-based preventive services and self-care classes, emphasizing full participation and decisions affecting health.

Saint Joseph Health - Sonoma County

- Mobile Health Clinic..... 707-547-4612
Mobile unit primary medical care for uninsured and under insured persons in Santa Rosa, Windsor, and Boyes Hot Springs.
- Pulmonary Wellness Center 707-778-2717
Offers outpatient rehabilitation programs for pulmonary wellness.

Santa Rosa Community Health Centers

- Southwest Community Health Center707-547-2222
Provides primary health care; obstetrics; family planning; health education; specialized programs for diabetes, medications, eye exams and referrals, and breast and cervical cancer screenings; and insurance application assistance. Makes referrals for drug and alcohol treatment but some DAAC services are available at the site. Immunizations are also available. Serve primarily the uninsured, underinsured and those with MediCal or Partnership Health Plan.
- Vista Family Health Center707-303-3600
www.srhealthcenters.org
Provides primary care, family planning, and health education, mental health, referral for drug and alcohol treatment (some DAAC outpatient services available onsite), specialized programs for diabetes, medications, eye exams and referrals, breast and cervical cancer screening, and insurance application assistance.

Santa Rosa Junior College

- Disability Resource Department707-527-4278
www.santarosa.edu
Provides access for adults with disabilities to regular college activities, classes and programs through academic advising, accommodations, career counseling, computer-assisted instruction, disability management counseling, special classes, and assessments.

Sonoma County Family YMCA

- Senior Membership707-545-9622
Discounted senior memberships available and senior health classes including diabetes prevention program.

County of Sonoma Human Services - Adult and Aging Division

- Area Agency on Aging - A Matter of Balance707-565-5950
www.socoaaa.org
A Matter of Balance fall prevention classes are 8 week sessions that give seniors the resources to manage their concerns about falling.

Training for Adults with Disabilities

Becoming Independent

- Community Living Supports707-524-6600
www.becomingindependent.org
Various programs for adults with developmental disabilities, including senior program.

California Department of Rehabilitation

- Blind Field Services707-576-2233
www.rehab.cahwnet.gov/
Program for the adult blind in the City of Sonoma and outside Sonoma County.
- Disabled Adult Services707-542-5609
Offers a day program for adults with physical, mental, and emotional disabilities by providing support groups and employment opportunities.

California Human Development Corporation

- Developmental Disabilities Activity Center707-542-5609
www.chdcorp.org
Assists people with disabilities realize their full potential as adults, and become productive, active members of their community.

Disability Services & Legal Center

- DSLC Transitions Project707-528-2745
DSLC's Transitions Project helps individuals living in convalescent hospitals and skilled-nursing facilities to relocate into their own apartments and homes.

Earle Baum Center

- Independent Living Skills707-523-3222
Teaches adaptive skills for cooking, shopping, financial & household management, clothing color matching, and more for visually impaired. Course content is based on individual needs.
- Orientation and Mobility707-523-3222
Develops the skills required to travel independently, safely and confidently. Specific instruction covers spatial concepts, sensory awareness, white cane skills, and the use of public transportation.

Santa Rosa Junior College

- Disability Resource Department707-527-4278
www.santarosa.edu
Provides access for adults with disabilities to regular college activities, classes and programs through academic advising, accommodations, career counseling, computer-assisted instruction, disability management counseling, special classes, and assessments.

Training for Veterans

North Bay Veterans Resource Center- A Division of Vietnam Veterans of California

- Veterans Employment and Training Program707-578-8387

Training for Seniors

AARP

- Drivers Safety Program888-227-7669
www.aarp.org/home-garden/transportation/driver_safety/
Offers a refresher driving course, taught by volunteer instructors who teach defensive driving to adults age 55 or over by reviewing the rules of the road.

Training for Caregivers

Alzheimer's Association

- Alzheimer's Care and Support Services707-573-1210
Offers a broad range of programs and services for people with the disease, their families, and caregivers. Offers individual care sessions, grants to help with the cost of in-home care, and subsidies for adult day care and respite care are made available. Provides information about the disease and what to expect and current care and treatment options. Helps secure legal, financial, and living-arrangement decisions. Offers caregiver education and training.

Redwood Caregiver Resource Center

- Redwood Caregiver Resource Center707-542-0282
Offers respite, sliding scale with co-pay, serving caregivers of brain-impaired adults over the age of 18 years and the frail elderly.

West County Community Services

- Russian River Senior Resource Center-Caregiver Support707-823-1640
Provides caregiver education, support and counseling.

Job Search and Employment Services

Programs listed provide education and/or specific skills training for individuals who are having difficulty entering or re-entering the workforce.

California Department of Rehabilitation

- Vocational Rehabilitation707-576-2233
www.dor.ca.gov

California Employment Development Department

- Unemployment Insurance.....800-300-5616
www.edd.ca.gov

County of Sonoma Human Services Department

- Experience Works707-565-5550
Provides training, employment and community service opportunities for mature workers, including a variety of programs designed to help mature individuals enter the workforce, move into new career areas, or supplement their social security incomes.
- Sonoma County Job Link707-565-5550
www.joblinksonomacounty.com/
Offers a full range of free vocational services; one-stop career center for career assessment, testing, counseling, on the job training programs and job seeking assistance and placement for fulltime and part time employment.

Goodwill Industries of the Redwood Empire

- Goodwill Industries Workforce Development.....707-523-0550
Vocational services for people with disabilities.

END OF LIFE SERVICES

Hospice and Palliative Care Services

Community Network for Appropriate Technology

- Community Network for Appropriate Technology707-539-2364
Provides information, education and advocacy on end of life issues, advance care planning and palliative care.

County of Sonoma Human Services - Adult and Aging Division

- My Care My Plan707-565-5950
www.mycaremyplansonoma.org
Encouraging people to communicate their wishes in writing and conversations with their health care agents, loved ones and doctors.

Heartland Hospice Services

- Heartland Hospice Services707-523-0188

Hospice by the Bay

- Health Care Services.....415-927-2273
www.hospicebythebay.org

Jewish Family and Children's Services

- Palliative & End of Life Care.....707-303-1520
www.seniorsathome.org
Offers added layers of support to help relieve suffering and improve quality of life for people with chronic or

life-threatening illnesses. Palliative care can be provided at any time during the course of a serious illness, starting from the day of diagnosis.

- Seniors at Home.....707-303-1515
www.SeniorsAtHome.org
Comprehensive services for the entire community from bill paying to conservator of estate to help seniors safely manage their finances.

Kaiser Permanente

- Hospice Services.....707-393-4000

Redwood Coast Medical Services

- Shamli Volunteer Hospice and Respite 707-882-1704 EXT 121

Saint Joseph Health - Sonoma County

- Hospice.....707-568-1094
Provides palliative care and support services for terminally ill patients and their families. This includes physical, psychosocial, spiritual and bereavement care. Bereavement services are available to all Sonoma County residents. Groups are available for adults, teens and children as well as individual counseling.

Sutter Care at Home

- Sutter Care at Home.....707-535-5780
Offers support groups including Bereaved Parents, Survivors of Suicide, Partner/Spouse Loss, People in Grief, Adults who have Lost Parents, and Daughters Grieving their Mothers.

Organ and Body Donations

California Department of Motor Vehicles

- Organ Donor Cards800-777-0133
Signing up for organ donor registry through driver license and motor vehicle registration provides organ donation cards.

Donor Network West

- Donor Network.....888-570-9400
Provides information and education regarding organ donation and transplantation.

Tissue Banks International

- National Processing Center.....410-752-3800
Provides information regarding tissue donation and recovery of tissue.

University of California San Francisco

- Willed Body Program.....415-476-1981
Accepts donated human remains for educational and research studies. Whole body donations, no upper age limit.

Survivor and Burial Benefits

County of Sonoma Human Services - Adult and Aging Division

- Sonoma County Public Administrator707-565-5735
Processes deceased persons estate that warrants administration without will or family members.

Department of Veterans Affairs

- Veteran Burial and Survivor Benefits.....916-566-7430
Veteran's burial and survivor benefits; service and non-service connected.

Social Security Administration

- Social Security Administration877-870-6384
www.ssa.gov
To report a death, file for survivor's benefits; service and non-service connected.

Sonoma County Veterans Service Office

- Sonoma County Veterans Service Office707-565-5960
Enrollment in the VA health care system and California veterans homes; burial benefits and education benefits including the GI Bill, CAL VET tuition fee waivers, disability compensation, and non-service connected disability pension (Aid and Attendance).

FINANCIAL

Agencies that provide direct advice, guidance and/or educational materials for consumers who need assistance in managing their financial resources and evaluating competitive products and services; programs that provide for the economic needs of eligible individuals by ensuring that they receive the social insurance benefits to which they are entitled.

Tax Counseling

AARP

- AARP Foundation Tax-Aide Program - Sonoma County707-762-6228
www.aarp.org/money/taxes/aarp_taxaide/
Volunteer tax assistance for people of low to moderate incomes.

United Way - Earn it Keep it Save it

- Volunteer Income Tax Assistance Program - MyFreeTaxes.Com..... 707-565-2108 or 2-1-1
www.myfreetaxes.com/eks
IRS Certified Tax Assistants available January to April 14. Free help for Sonoma County residents with Earned Income Tax Credit -EITC

Social Security and Benefits Assistance

Centers for Medicare & Medicaid Services

- Medicare and Medicaid415-744-3602
Information on what Medicare covers. Information on preventive benefits to help you stay healthy, to compare Medicare health plans, to choose nursing homes for yourself or a loved one, to learn about programs that may help with the cost of prescription drugs.
- Medicare Fraud and Abuse Hotline 800-447-8477
Provides a hotline to report fraud and abuse.

County of Sonoma Human Services - Adult and Aging Division

- Veterans Service Office707-565-5960
www.scvets.org
Provides assistance and advocacy for veterans and their dependents and survivors to claim state and federal benefits. Provides information, assistance and referral in obtaining medical and other services.

County of Sonoma Human Services Department

- Benefits CalWIN CalFresh and Medi-Cal707-565-5758
www.mybenefitscalwin.org/
- General Assistance with CalFresh..... 707-565-2715 or 877-699-6868
www.sonomacounty.ca.gov/Human-Services

Provides temporary cash aid, medical services and CalFresh (Food Stamps). May also assist in obtaining services that will provide long-term benefits such as SSI.

- SonomaWORKS with CalFresh.....707-565-5500
www.sonomaworks.org/

Call 211 Information and Referral 24 hours a day 7 days a week for assistance with clothing, shelter, and food.

Senior Advocacy Services

- Health Insurance Counseling and Advocacy Program (HICAP).....707-526-4108
www.senioradvocacyservices.org

Health Insurance Counseling and Advocacy Program (HICAP) call for appointment. Provides counseling on Medi-Care explaining how it works with other insurances such as Medi-Care supplemental policy, HMOs and long term insurance policies.

Vet Connect

- Veteran Resources 707-755-1417

Offers an outreach program for all veterans and their families that helps with housing, VA Benefits, Legal Issues and many other services that you may require.

Financial and Utility Assistance

American Cancer Society

- Lodging and Reimbursement707-545-6720

Provides free or low-cost lodging for individuals traveling out-of-town for cancer treatments.

American Elder Care Research Organization

- Paying for Senior Care641-715-3900
www.payingforseniorcare.com

Our Website and Eldercare Financial Resource Database help families find the financial resources they require to pay for the assisted living, home care or long term care of their aging loved ones as well as offers creative ways to help families reduce their costs of care.

California Human Development Corporation

- Sonoma County Community Services.....707-433-6652

Direct services offered for eligible persons including farm workers: Temporary employment assistance, specialized information and referral for community. Referral services for eligible persons including farm workers: Electric bill payment assistance, gas bill payment assistance, heating fuel bill payment assistance, water bill payment assistance, rental assistance.

California Public Utilities Commission

- California Lifeline Telephone Program.....866-272-0349
www.californialifeline.com/

Offers discounted basic telephone (landline and mobile) services to eligible California households.

Community Action Partnership of Sonoma County

- Rental or Deposit Assistance..... 707-544-6911

Can provide emergency rental assistance, security deposit assistance, or mortgage payment assistance for households at risk of homelessness who need short term financial help in order to keep their home or get housing. Priority for families with children.

Council on Aging

- Season of Sharing Applications.....800-675-0143

Provides assistance to submit application for Season of Sharing Funds which can be used for rental or deposit assistance.

County of Sonoma Community Development Commission

- Mobile Home Program.....707-565-7555
www.sonoma-county.org/cdc/mhmain.htm
Provides space rent arbitration for mobile home owners and park owners where rent increase is discussed.
- Sonoma County Housing Authority.....707-565-7501
www.sonoma-county.org/cdc/section8.htm
Provides rental assistance to very low-income individuals and families, seniors, persons with disabilities and veterans who reside in the County of Sonoma.

County of Sonoma Human Services Department

- Benefits CalWIN CalFresh and Medi-Cal707-565-5758 or 877-699-6868
www.mybenefitscalwin.org/
- County Medical Services Program707-565-2715
www.mybenefitscalwin.org

Disability Services & Legal Center

- DSLC Housing Program707-528-2745
Assists in the application process of rental deposit funding programs and advocacy for affordable housing.
- DSLC SOS & HCA Housing Program.....707-528-2745
Assists in the application for HCA and SOS funds for critical family needs depending on qualifications.

Friends in Sonoma Helping (FISH)

- Rent, Utility and Transportation Assistance707-996-0111
Provides emergency one-time assistance to eligible families with rent/deposits to prevent homelessness and utility payment assistance to continue energy services. Can also provide bus tickets to eligible individuals.

North Coast Energy Services

- Low Income Home Energy Assistance Program707-495-4417
Assistance with utility bill for low income households, call for eligibility.

North Sonoma County Services

- Season of Sharing Application Assistance707-433-6161
Provides application assistance for Season of Sharing funds, referral services to HEAP (utility payment assistance for PG&E bills) and security deposits through CAP funds and Season of Sharing funds. Offers information and referrals on homelessness issues and critical family needs.

Pacific Gas & Electric Company

- Care Program866-743-2273
Offers monthly discounts for income - eligible customers.

Petaluma People Services Center

- Close the Gap.....707-765-8488
www.petalumapeople.org
- Homeless Prevention707-765-8488
www.petalumapeople.org
Provides financial assistance for housing and critical needs to families and individuals who are homeless or threatened with homelessness. The Homeless Prevention Program provides one time only grants on behalf of individuals who are at risk of losing housing because of unpaid rent or who need help with a deposit.

Redwood Empire Disposal

- Discounted Garbage Rates707-586-5533
Discounted garbage rates for seniors aged 65 and older and mobile home park residents located within the Santa Rosa city limits.

- Santa Rosa Recycling and Collection707-586-1478
www.unicycler.com

Offers information to local residents and businesses of ways to help reduce, reuse and recycle solid waste and properly dispose of hazardous materials. Offers discounted garbage rates for persons aged 65 and older and mobile home park residents located within the Santa Rosa City limits.

Salvation Army Santa Rosa Corps

- REACH Program707-542-0998

Assistance with REACH-PG&E program for low income seniors (does not pay any other utilities) Please call days and times and required information.

USDA Rural Development

- Housing and Community Facilities Programs.....707-526-6797

Provides funding for single family homes, apartments for low-income persons or the elderly, housing for farm laborers, childcare centers, fire and police stations, hospitals, libraries, nursing homes, schools, and much more.

Windsor Service Alliance

- Emergency Assistance Program707-838-6947
www.windsorservicealliance.org/index.html

Provides a one time cash payment to help residents of Windsor with water service payments.

Money Management

Consumer Credit Counseling Service of San Francisco

- Consumer Credit Counseling Service707-527-9221

HUD approved housing and counseling and reverse mortgage counseling, financial assistance and bankruptcy education counseling, debt management plans to repay credit cards.

Council on Aging

- Daily Money Management.....707-525-0143

Daily money management program, trust management and conservatorships

Jewish Family and Children's Services

- Seniors at Home707-303-1515
www.SeniorsAtHome.org

Comprehensive services for the entire community from bill paying to conservator of estate to help seniors safely manage their finances.

Discount Cards and Vouchers

California Department of Fish & Wildlife

- Senior Discount Cards.....707-944-5500

Reduced fee sport fishing licenses for seniors aged 65 and older if low income or disabled veteran. Free for qualified disabled persons.

California State Parks and Recreation Department

- Senior Discount Cards.....707-769-5652 ext 200

Offers Seniors a discount card for reduced admission fee into State Parks.

City of Santa Rosa

- Santa Rosa City Bus707-543-3926

Offers a discounted Regional Transit Connection ID card for disabled persons. Seniors over the age of 65 receive a discount with the regular ID Card.

County of Sonoma Health Services Department

- Sonoma County RX.....877-321-2652
www.sonoma-county.org/health/services/drugdiscountcard.asp
The NaCo prescription drug discount program is called Sonoma County Rx. This program helps consumers save money on their prescriptions that are not covered by insurance.

County of Sonoma Transit

- Regional Transit Connection Discount Card.....707-543-3333
www.sctransit.com

Golden Gate Transit

- Senior Discount Cards.....415-455-2000
Provides discounted fares on bus and ferry for persons aged 65 and older with identification. Fee is half of adult fare.

Redwood Empire Disposal

- Discounted Garbage Rates707-586-5533
Discounted garbage rates for seniors aged 65 and older and mobile home park residents located within the Santa Rosa city limits.

Sonoma County Regional Parks

- Senior Discount cards707-565-2041

Insurance Assistance and Complaints

California Employment Development Department

- State Disability Insurance800-480-3287
www.edd.ca.gov/disability/disability_insurance.htm
Provides wage loss benefits to eligible persons unable to perform their regular and customary work duties due to a non-work-related illness or accident, or to a medically disabling condition from pregnancy or childbirth.

California Victim Compensation and Government Claims Board

- Government Claims800-955-0045
File claims for monetary damages caused by a State agency through the Government Claims program. Claims may include damage to real or personal property, reimbursement for state employee property loss, benefits, salary, or travel expenses, refund of a tax, fee, or penalty or contract disputes.

Centers for Medicare & Medicaid Services

- Medicare and Medicaid415-744-3602
Information on what Medicare covers. Information on preventive benefits to help you stay healthy, to compare Medicare health plans, to choose nursing homes for yourself or a loved one, to learn about programs that may help with the cost of prescription drugs.

Jewish Community Free Clinic of Sonoma County

- Free Medical and Legal Clinic707-585-7780
www.jewishfreeclinic.org
A non-profit, free, volunteer-staffed outpatient medical clinic, based on a family practice model. Serves anyone without health insurance. Clinic provides a drop-in care for minor medical illnesses only, and referrals are made for ongoing care. The services are provided free of charge, though donations are gladly accepted.

Senior Advocacy Services

- Health Insurance Counseling and Advocacy Program (HICAP).....707-526-4108
www.senioradvocacyservices.org

Health Insurance Counseling and Advocacy Program (HICAP) call for appointment. Provides counseling on Medi-Care explaining how it works with other insurances such as Medi-Care supplemental policy, HMO's and long term insurance policies.

California Department of Insurance

- California Low Cost Automobile Insurance Program 800-927-4357
www.mylowcostauto.com

To drive responsibly and legally you need auto insurance. California's Low Cost Automobile Insurance Program is state sponsored and makes insurance affordable for California residents that are income eligible and have good driving records.

Medicare Information

Medi-Cal can help pay for medical services, doctor visits and hospitalization, prescriptions and long-term care for people with low incomes.

Centers for Medicare & Medicaid Services

- Medicare and Medicaid 415-744-3602

Information on what Medicare covers. Information on preventive benefits to help you stay healthy, to compare Medicare health plans, to choose nursing homes for yourself or a loved one, to learn about programs that may help with the cost of prescription drugs.

Senior Advocacy Services

- Health Insurance Counseling and Advocacy Program (HICAP)..... 707-526-4108
www.senioradvocacyservices.org

Health Insurance Counseling and Advocacy Program (HICAP) call for appointment. Provides counseling on Medi-Care explaining how it works with other insurances such as Medi-Care supplemental policy, HMOs and long term insurance policies.

Social Security Administration

- Social Security Administration 877-870-6384
www.ssa.gov

To report a death, file for survivor's benefits; service and non-service connected.

Vintage House

- Senior Center 707-996-0311
www.vintagehouse.org

FOOD AND MEALS

Food Pantries and Distribution Sites

Catholic Charities of the Diocese of Santa Rosa

- Rural Food Project..... 707-528-2646

Supplemental food for all in need. Distribution in rural areas including Boyes Hot Springs, Fulton, Graton, Sebastopol, and Healdsburg - call for schedule.

Committee on the Shelterless

- Petaluma Kitchen 707-765-6530
www.cots-homeless.org/index.php/how-we-help/homeless-services/

Serves breakfast and lunch daily. Meals and grocery distribution for low income families. Food Box Program available for Petaluma residents meeting eligibility requirements, call for details.

FISH of Santa Rosa

- Food Pantry 707-527-5151
Food only- call ahead for schedule to pick up food.

Friends in Sonoma Helping (FISH)

- Food Closet 707-996-0111
www.friendsinsonomahelping.org
Call for food pick up Monday through Friday. Other services include transportation and clothing. Schellville to Glen Ellen.

Petaluma People Services Center

- Petaluma Bounty farms 707-765-8488
Offering fresh vegetable delivery in season for seniors and Petaluma residents. Call for seasonal information.

Redwood Empire Food Bank

- Brown Bag Program 707-523-7900
www.refb.org
Call for information on community distribution sites for seniors and fixed low income eligible participants.
- Commodity Supplemental Food Program 707-523-7903
Seniors aged 60 + and low income participants, Call for information on community distribution sites.
- Food Connections - Emergency Food Referral 707-523-7903
www.refb.org/html/get_food.html
Information about access to emergency food resources and food distribution Monday-Friday. Value Market: Supermarket for income qualified individuals.

Salvation Army Santa Rosa Corps

- Food Pantry 707-542-0998
Provides emergency groceries to individuals with identification and proof of low income required.

West County Community Services

- Senior Dining Sites 707-823-1640
Provides free group meals to seniors, along with their spouses or caregivers.

Congregate Meals and Senior Dining Sites

City of Healdsburg

- Healdsburg Senior Center 707-431-3324
healdsburgparksandrec.org
The Healdsburg Senior Center is home to the Council on Aging's Congregate Dining and Meals on Wheels programs serving Healdsburg seniors.

City of Rohnert Park

- Rohnert Park Senior Center 707-585-6780
www.rpcity.org
Offers a variety of programs and services for seniors age 50+.

Cloverdale Senior Center

- Cloverdale Senior Center 707-894-4826
The Council on Aging serves a daily lunch at our facility.

Committee on the Shelterless

- Petaluma Kitchen 707-765-6530
www.cots-homeless.org/index.php/how-we-help/homeless-services/

Serves breakfast and lunch daily. Meals and grocery distribution for low income families. Food Box Program available for Petaluma residents meeting eligibility requirements, call for details.

Council on Aging

- Senior Dining Cafe Sites800-675-0143
Serves meals at various Sonoma County locations, phone for hours.
- Senior Social Clubs an Adult Day Program 707-525-0143 ext 103
Offers seniors an opportunity to gather for meals, exercise, entertainment and companionship and provides needed respite for caregivers.

Petaluma People Services Center

- Adult Day & Respite.....707-765-8488
Offering adult day and respite care - call for days and times.
- Senior Dining707-765-8488
www.petalumapeople.org
Senior Cafe, call for reservations: prepared meals, lunches for seniors, reservations suggested, in addition to nutrition education and information provided.

Redwood Gospel Mission

- The Rescue Mission and Homeless Guest Services 707-542-4817
www.srmission.org/find.html
Meals, shelter, and clothing for men. Alcohol and drug recovery program in addition to job development for men and women.

Sebastopol Area Senior Center

- Sebastopol Area Senior Center707-829-2440
www.sebastopolseniorcenter.org
Congregate meal location.

Society of Saint Vincent De Paul of Sonoma County

- Free Dining Room707-584-7580
Dining room open daily.

Sonoma County Indian Health Project

- Senior Center 707-882-2877
Provides hot lunch for seniors.
- Senior Nutrition Site.....707-521-4581
Provides meals for Native American seniors aged 55 years and older - Please call for information.

West County Community Services

- Senior Dining Sites707-823-1640
Provides free group meals to seniors, along with their spouses or caregivers.

Home-Delivered Meals

Council on Aging

- Meals on Wheels
www.councilonaging.com
Delivers hot meals for homebound seniors all areas except the Petaluma and coastal areas.

Meals on Wheels of Sonoma

- Meals on Wheels of Sonoma..... 707-935-9141
Serves hot meals and bag lunches five days a week to homebound seniors, convalescents, or those who are unable to prepare meals.

Petaluma People Services Center

- Meals on Wheels707-765-8488
www.petalumapeople.org
Meal delivery routes in Petaluma, Penngrove and west to Two Rock.

Farmers Markets

REDWOOD EMPIRE FARMERS MARKETS

- Farmers Market707-762-0344
Offering various vendors of local produce, fine foods, homemade crafts to the community.

GOVERNMENT REPRESENTATIVES AND DEPARTMENTS

Legislative and other governmental representatives, representing the interests of Sonoma County.

Local

Sonoma County Board of Supervisors

- 1st District Supervisor Susan Gorin707-565-2241
- 2nd District Supervisor David Rabbitt.....707-565-2241
- 3rd District Supervisor Shirlee Zane707-565-2241
- 4th District Supervisor James Gore707-565-2241
- 5th District Supervisor Efren Carrillo707-565-2241

State

California State Senate

- Senator Mike McGuire (District 2)
State Capitol Room 4085 Sacramento CA 95814-4900916-651-4002
50 D Street Suite 120 A Santa Rosa CA 95404.....707-576-2771
- Senator Lois Wolk (District 3)916-651-4003
State Capitol Room 5114 Sacramento CA 95814-4900916-651-4003
1040 Main Street Suite 101 Napa CA 94559707-224-1990

California State Assembly

- Assemblymember Jim Wood (District 2) Capitol Office916-319-2002
Capitol Office PO Box 942849 Sacramento CA 94249-0002916-319-2002
50 D Street Suite 450 Santa Rosa CA 95404.....707-576-2526
- Assemblymember Bill Dodd (District 4) Capitol Office.....916-319-2004
Capitol Office PO Box 942849 Room 5160 Sacramento CA 94249-0002.....916-319-2004
4381 Broadway Street Suite 108 American Canyon CA 94503.....707-552-4405
- Assemblymember Kevin McCarthy (District 7) Capitol Office.....916-319-2007
Capitol Office PO Box 942849 Room 2013 Sacramento CA 94249-0007.....916-319-2007
915 L Street Suite 110 Sacramento CA 95814916-324-4676
- Assemblymember Marc Levine (District 10) Capitol Office916-319-2010
50 D Street Suite 301 Santa Rosa CA 95404.....415-479-4920

California State Governor

- Jerry Brown
State Capitol Suite 1173 Sacramento CA 95814 916-445-2841

Federal

United States Senate

- Senator Barbara Boxer
112 Hart Senate Office Building Washington DC 20510 202-224-3553 TTY 202-224-4264
70 Washington Street Suite 203 Oakland CA 94607 510-286-8537
- Senator Dianne Feinstein
331 Hart Senate Office Building Washington DC 20510 202-224-3841 TTY 202-224-2501
One Post Street Suite 2450 San Francisco CA 94104 415-393-0707

United States House of Representatives

- Representative Jared Huffman
1630 Longworth House Office Building Washington DC 20515 202-226-9898
206 G Street Unit 3 Petaluma Ca 94952 707-226-9898
- Representative Mike Thompson
231 Cannon Office Building Washington DC 20515 202-225-3311
1040 Main Street Suite 101 Napa CA 94559 707-226-9898

United States President

- Barack Obama
The White House 1600 Pennsylvania Avenue Washington DC 20500 202-456-1414

HEALTH SERVICES

Programs and/or facilities whose primary purpose is to help people in the community to achieve and maintain physical well-being through the study, prevention, screening, evaluation, and treatment of illnesses, injuries, or disabilities.

Medical Information

American Lung Association in California

- Better Breathers Clubs 510-638-5864
Better Breathers Clubs (BBC) are a core program and resource of the American Lung Association in California. The purpose of the club is to offer patient-centered and community-based educational opportunities and support to persons with chronic lung disease.

Blood Centers of the Pacific

- Blood Donations 888-393-GIVE (4483)
www.bloodcenters.org

Centers for Medicare & Medicaid Services

- Medicare and Medicaid 415-744-3602
Information on what Medicare covers. Information on preventive benefits to help you stay healthy, to compare Medicare health plans, to choose nursing homes for yourself or a loved one, to learn about programs that may help with the cost of prescription drugs.

County of Sonoma Health Services Department

- Immunizations in Sonoma County 707-565-6508
www.sonoma-county.org/health/ph/diseasecontrol/immunizations_ask.htm
The County of Sonoma County-Department of Health Services provides you with the most accurate and

up-to-date information on vaccines and vaccine-preventable diseases for both children/adolescents and adults.

Northern California Center for Well-Being

- Northern California Center for Well-Being707-575-6043
www.norcalwellbeing.org

Assists in improving the quality of life and health of our Sonoma County community through evidence-based preventive services and self-care classes, emphasizing full participation and decisions affecting health.

Project Inform

- HIV Health InfoLine415-558-8669

The HIV Health InfoLine provides information and support about living healthfully with HIV. Callers to the InfoLine include people living with HIV, their providers and support networks. Most of our operators have lived with HIV for 10 or more years and can provide peer support and answer questions on a wide range of issues.

Saint Joseph Health - Sonoma County

- Mobile Health Clinic.....707-547-4612

Mobile unit primary medical care for uninsured and under-insured persons in Santa Rosa, Windsor, and Boyes Hot Springs.

- Pulmonary Wellness Center707-778-2717

Offers outpatient rehabilitation programs for pulmonary wellness.

Santa Rosa Community Health Centers

- Southwest Community Health Center707-547-2222

Provides primary health care; obstetrics; family planning; health education; specialized programs for diabetes, medications, eye exams and referrals, and breast and cervical cancer screenings; and insurance application assistance. Makes referrals for drug and alcohol treatment but some DAAC services are available at the site. Immunizations are also available. Serve primarily the uninsured, underinsured and those with MediCal or Partnership Health Plan.

- Vista Family Health Center707-303-3600
www.srhealthcenters.org

Provides primary care, family planning, and health education, mental health, referral for drug and alcohol treatment (some DAAC outpatient services available onsite), specialized programs for diabetes, medications, eye exams and referrals, breast and cervical cancer screening, and insurance application assistance.

Alcohol and Other Drug Services

Al-Anon/Alateen World Service Office

- Al-Anon707-575-6760
www.sonapalanon.com/

Support group meetings for family, friends and teens whose lives are affected by alcoholism. Information about meetings and referral numbers for counselors.

Alcoholics Anonymous World Service

- Alcoholics Anonymous.....707-544-1300
www.sonomacountyaa.org/

24 hour help line

- Book Store.....707-546-2066

Providing literature to help solve the common problems for those in recovery from alcoholism.

Center Point Drug Abuse Alternative Center

- Family and Friends Support Groups
Offering family and friends support groups in addition to outpatient and residential treatment for people with substance abuse.
- Outpatient Treatment Program707-544-3295
Outpatient and Residential Treatment Programs and family and friends support groups.
- Turning Point Residential Treatment.....707-284-2950
The program is an affordable, 12-step based residential treatment center offering individualized programs ranging from 30-270 days for adults seeking recovery from addiction to alcohol and/or drugs. Treatment services include 20 hours per week of group counseling, educational classes, individual counseling, individual learning assignments and family counseling.

County of Sonoma Health Services - Alcohol and Other Drug Services

- Orenda Center Detox707-565-7450
www.sonoma-county.org/health/about/behavioralhealth_aod.asp
Drug Abuse Alternatives Center staff are available 24 hours a day at the Orenda Center for alcohol and other drug detoxification services. The Detox Program is designed to provide evaluation and supportive services to assist acutely intoxicated individuals in withdrawing from the effects of alcohol and other drug abuse and plan for continuing recovery.

National Council on Alcoholism and Drug Dependence

- National Council on Alcoholism and Drug Dependence212-269-7797
Helps those suffering from the disease of alcoholism and other forms of addiction through information, education, prevention, referral and assessment services

Redwood Gospel Mission

- Manna Home for Women707-576-1471
www.srmission.org
A residential recovery program that provides services for adult women at no cost to the participant or family.

Community Health Centers or Clinics

Alliance Medical Center

- Alliance Medical Clinic707-433-5494
www.alliancemed.org/

Heart to Heart Medical Center

- Heart to Heart Medical Center707-542-9640

Jewish Community Free Clinic of Sonoma County

- Free Medical and Legal Clinic707-585-7780
www.jewishfreeclinic.org
A non-profit, free, volunteer-staffed outpatient medical clinic, based on a family practice model. Serves anyone without health insurance. Clinic provides a drop-in care for minor medical illnesses only, and referrals are made for ongoing care. The services are provided free of charge, though donations are gladly accepted.

Petaluma Health Center

- Petaluma Health Center707-559-7500
www.phealthcenter.org
Physical and mental health wellness programs including advice nurse, health insurance enrollment assistance, immunizations, and dental clinic.

Redwood Coast Medical Services

- Medical Services707-884-4005

Saint Joseph Health - Sonoma County

- Mobile Health Clinic.....707-547-4612
Mobile unit primary medical care for uninsured and under-insured persons in Santa Rosa, Windsor, and Boyes Hot Springs.

Santa Rosa Community Health Centers

- Brookwood Health Center707-583-8700
srhealthcenters.org/locations/brookwood-health-center/
Provides Medical, Psychiatric, Behavioral Health, HIV/Hep C testing and referral, TB testing, and referral for outpatient alcohol and other drug recovery services. Also on site are Sonoma County Mental Health's CIP (Community Intervention Program) outreach team, an Application Assistant to help with insurance and other benefit applications, and the Care Transitions team who provides case management to individuals being discharged from hospitals.
- Southwest Community Health Center707-547-2222
Provides primary health care; obstetrics; family planning; health education; specialized programs for diabetes, medications, eye exams and referrals, and breast and cervical cancer screenings; and insurance application assistance. Makes referrals for drug and alcohol treatment but some DAAC services are available at the site. Immunizations are also available. Serve primarily the uninsured, underinsured and those with MediCal or Partnership Health Plan.
- Vista Family Health Center707-303-3600
www.srhealthcenters.org
Provides primary care, family planning, and health education, mental health, referral for drug and alcohol treatment (some DAAC outpatient services available onsite), specialized programs for diabetes, medications, eye exams and referrals, breast and cervical cancer screening, and insurance application assistance.

Sonoma County Indian Health Project

- Manchester Point Arena Satellite Clinic707-882-2877
Offers primary medical care to the Native American population from Gualala North to Irish Beach. Services at the Satellite Clinic are limited. Current staff includes a medical provider, registered nurse, counselor, receptionist, and transporter on a part-time basis. Does not offer emergency services.
- Sonoma County Indian Health Clinic.....707-521-4545
Health Care Clinic: Medical, Prenatal Care for Native Americans and other low income Medi-Cal and Medicare recipients most services. Pharmacy. Cancer Screening. Podiatry. Urology. Diabetic Education. Immunizations are available at Walk-in clinic for established patients only.

Sonoma Valley Community Health Center

- Primary Care707-939-6070
www.svchc.org
Provides family practice services, prenatal care, women's services, immunizations including flu shots, family planning services, children's health programs, breast cancer early detection, and access to health care for non-insured and under-insured people.

Sutter Pacific Medical Foundation

- Family Medicine.....707-521-7777

West County Health Centers

- Primary Care707-869-5977
Primary care: newborns to elders, Obstetrics and prenatal care, Children's health, Chronic disease management, Reproductive health care, Immunizations (including weekly low cost drop-in clinic), Routine, annual and employment physicals, Sports Physicals, HIV/AIDS Primary care, Health coaching, Behavior

change support, Group health visits, Complementary and integrative healthcare services, Hospital transition support, Health system coordination and navigation, Health Education, Nurse Care Management, and Drug and alcohol addiction support services.

- Wellness Services707-887-0290
Integrative health services including acupuncture, herbal consults, massage, group medical visits and support groups, osteopathy, yoga, healthy living classes, nutritional education classes, smoking cessation, substance abuse counseling.

Hospitals – Acute Care

Alexander Valley Healthcare

- Alexander Valley Medical Center707-894-4229
www.avrmcorg.org

Alliance Medical Center

- Alliance Medical Clinic707-433-5494
www.alliancemed.org/

Healdsburg District Hospital

- Healdsburg District Hospital
Services include 24 hour emergency room, clinical laboratory, surgery, mammography center, x-ray and ultrasound services, MRI, CT and DEXA scans (bone density screening for Osteoporosis), rehabilitation services that include occupational therapy and physical therapy; inpatient medical and surgical acute, subacute and wound care.

Kaiser Permanente Medical Offices

- Family Medicine Services and Specialties707-393-4044
Provides integrated health delivery system, providing and coordinating the entire scope of care for our members. Services include: eye care, family medicine, laboratory, occupational health and safety, occupational medicine, and pharmacy. Rohnert Park and the Petaluma campus do not offer emergency services.

Saint Joseph Health - Sonoma County

- Petaluma Valley Hospital707-778-1111
Operates an acute 80-bed hospital with 24-hour emergency room services, in-and-out patient surgery, mammography, magnetic resonance imaging, respiratory therapy and representing most medical specialties, including a day surgery center.
- Saint Joseph Urgent Care Centers707-543-2000
www.stjosephhealth.org/Facilities/Urgent-Care-Centers/default.aspx
Treats wide range of urgent medical problems that are not life-threatening, such as cold and flu symptoms, infections and burns, sprains and fractures, minor cuts requiring stitches and workplace injuries, including many conditions that require diagnostic and lab services. No appointment is necessary. Both wait times and fees are designed to be lower than those associated with an emergency department visit.
- Santa Rosa Memorial Hospital-Main Campus707-547-4612
www.stjosephhealth.org
Santa Rosa Memorial Hospital is a state-of-the-art, 192 bed acute care hospital providing a wide range of specialty services. A Level II Community Base Trauma Center based at Santa Rosa Memorial Hospital serves Sonoma and Mendocino County.

Sonoma Valley Hospital

- 24 Hour Emergency Room and Intensive Care707-935-5100
www.svh.com
Maintains the only Emergency Room and Intensive Care Unit in Sonoma Valley. The Emergency Room is fully equipped and staffed 24/7 by onsite physicians and nurses specially trained in emergency medicine.

They are supported by surgeons, anesthesiologists, respiratory therapists, radiology and laboratory services, and all the other resources necessary to meet stringent state standards for emergency care.

- Acute Care & Inpatient/Outpatient Surgery707-935-5000

Sutter Medical Center

- Medical Center of Santa Rosa.....707-576-4000

Sonoma West Medical Center

- Hospital..... 707-823-8511
sonomawestmedicalcenter.com

Independent Living and Disability Services

Ability Tools

- Assistive Technology Network800-390-2699
www.atnet.org

The Assistive Technology Network is a government-funded, nonprofit, statewide program. Assistive technology is equipment, modified or customized, that is used to increase, maintain or improve functional capabilities of individuals with disabilities.

American Association of People with Disabilities

- American Association of People with Disabilities800-840-8844
Disability rights organization promoting equal opportunity, economic power, independent living, and political participation for people with disabilities. Does not provide direct services but may provide referrals and resources.

American Foundation for the Blind Senior Site

- American Foundation for the Blind Senior Site.....800-232-5463
Program offers toll-free information and referral on all aspects of visual impairment, including blindness, Glaucoma, vision loss due to Diabetes. AFB has developed an online information center that provides common sense solutions to living with vision loss. Offers hope, help and encouragement to both persons experiencing vision problems and their family members and can link you to the local agencies that can assist.

Becoming Independent

- Community Living Supports & Personal Enrichment.....707-524-6600
www.becomingindependent.org
Various programs for adults with developmental disabilities, including seniors.

Bergin University

- Assistance Dogs 707-545-3647
Trains and provides service dogs for people with mobility issues.

California Council of the Blind

- California Council of the Blind916-441-2100
Helps all blind and visually impaired Californians gain full independence and equality of opportunity.

California Department of Motor Vehicles

- Disabled Parking Placard707-576-2233
Allows parking in designated parking places with parking placard for people with disabilities.

California Department of Rehabilitation

- Blind Field Services707-576-2233
www.rehab.cahwnet.gov/
Program for the adult blind in the City of Sonoma and outside Sonoma County.

- Disabled Adult Services.....707-542-5609
Offers a day program for adults with physical, mental, and emotional disabilities by providing support groups and employment opportunities.
- Growth Opportunities.....707-542-5609
Offers programs to enable individuals with disabilities to obtain training, skills, and employment experiences to achieve economic self-sufficiency.

California Human Development Corporation

- Developmental Disabilities Activity Center707-542-5609
www.chdcorp.org
Assists people with disabilities realize their full potential as adults, and become productive, active members of their community.

California State Library

- Braille and Talking Book Library916-654-0640
Library services to people who are unable to read standard print books because of visual or physical disabilities. Services offered free to qualified applicants are Braille and talking books, magazines, machines, catalogs.

Canine Companions for Independence

- Canine Companions for Independence707-577-1700
Enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships. Free.

Disability Services & Legal Center

- Deaf Services707-528-2745
www.disabilityserviceandlegal.org
Advocacy, Independent Living Skills, Peer Counseling, Information and Referral to other networking agencies and services.
- DSLC Assistive Technology.....707-528-2745
www.disabilityserviceandlegal.org
Assistive Technology (AT) is any adaptive aid used by a person with a disability to function as independently as possible both in the workplace and at home.
- DSLC Transitions Project707-528-2745
DSLC's Transitions Project helps individuals living in convalescent hospitals and skilled-nursing facilities to relocate into their own apartments and homes.

Earle Baum Center

- Independent Living Skills.....707-523-3222
Teaches adaptive skills for cooking, shopping, financial & household management, clothing color matching, and more. Course content is based on individual needs.
- Orientation and Mobility.....707-523-3222
Develops the skills required to travel independently, safely and confidently. Specific instruction covers spatial concepts, sensory awareness, white cane skills, and the use of public transportation.
- Supports Groups for the Visually Impaired.....707-523-3222
Provides programs including training, social, and recreational opportunities in a community center for people with sight loss. Call for support groups in your area.

Easter Seals Bay Area - North Bay Region

- Information and Referral Services707-843-3745
Equipment loan of walkers, wheelchairs, commodes, shower benches, and canes.

Goodwill Industries of the Redwood Empire

- Goodwill Industries Workforce Development.....707-523-0550
Vocational services for people with disabilities.
- Wellness and Advocacy Center707-565-7800
Offers a wide range of services for adults with psychiatric disabilities.

Guide Dogs for the Blind

- Guide Dogs for the Blind415-499-4000
Provides skilled mobility dogs, training and support services free of charge to people who are blind throughout the US and Canada.

Max's Home Cares

- Equipment Loans.....707-364-0305
Must call for appointment to pick up or drop off any equipment. Donates walkers, wheelchairs, commodes, shower benches and canes.

National Multiple Sclerosis Society Northern California Chapter

- Resources for People with Multiple Sclerosis.....415-230-6677
The Northern California Chapter is a lifeline for people living with MS by providing reliable knowledge, engaging and innovative programs and services, financial assistance and a sense of community. The Northern California Chapter keeps people moving their lives forward with a mission to mobilize people and resources to drive research for a cure and address the challenges of everyone affected by MS.

People with Disabilities Foundation

- People with Disabilities Foundation.....415-931-3070
www.pwdf.org
Provides education and advocacy for people with psychiatric and/or developmental disabilities, with or without physical disabilities, so that they can achieve equal opportunities in all aspects of life. Provide representation for SSI, Social Security Disability, and disability work incentive programs hearings and appeals. Also provide brief consultations on Employment, Healthcare, SSA Work Incentive Programs & Post-Secondary Education.

State Council on Developmental Disabilities

- Area 4 Board--State Council on Developmental Disabilities707-648-4073
Provides advocacy, public information programs, encouragement, assistance in preparation of a state plan for developmental disabilities services. Cooperates with coordinating and planning bodies and county governmental groups.

Vintage Visions

- Vintage Visions 707-996-0311
Offers information and support groups facilitated by the Earle Baum Center for seniors with visual impairments.

HOME CARE AND IN-HOME ASSISTANCE

Outpatient Rehabilitation Services

Neuropsychological Associates

- Memory Clinic.....707-526-5424
neuropsychologicalassociates.org
Offers diagnosis and treatment of memory disorders. Conducts a medical review and comprehensive evaluation to determine if memory problems are due to normal changes that occur with aging, treatable

physical causes, or progressive changes in brain functioning.

- Neuropsychological Case Management.....707-526-5424
neuropsychologicalassociates.org
Offers neuropsychological case management including evaluations, cognitive rehabilitation, memory clinic, psychopharmacological consultation and counseling services, and planning for long term care needs.
- Rehabilitation Program707-526-5424
neuropsychologicalassociates.org
Provides weekly programs to “exercise” one or more areas of the brain: visual-spatial skills, executive functioning, memory, language, attention, and sensory-motor skills for those diagnosed with a neurodegenerative disease, traumatic brain injury, stroke, or learning disability. Sessions are designed to preserve or enhance functioning, by teaching skills that can be used at home and in daily routines.

Petaluma Valley Hospital

- Pulmonary Wellness707-778-2717
www.stjosephhealth.org/Facilities/Petaluma-Valley-Hospital
Provides pulmonary rehabilitation for patients with lung disease.

Santa Rosa Memorial Hospital

- Neurological Rehabilitation Clinic.....707-525-5388
www.stjosephhealth.org
Provides occupational, physical, speech, cognitive, and swallow therapy

Sutter Medical Center

- Medical Center of Santa Rosa.....707-576-4360
www.suttersantarosa.org
Offers outpatient wound care

Home Care Registries

The following are home care agencies that maintain registries of caregivers who are independent contractors and who have been interviewed and screened. The client is responsible for selecting, interviewing, hiring and managing such persons as their employee.

Care Connection

- In Home Care Services707-823-2555
Provides home health care, personal care and in home assistance services, from 2-24 hour shifts.

From the Heart Home Care

- Non-Medical Home Care Referral Agency707-528-4663

Live-Ins for Seniors

- Home Health Agency.....707-544-3624

Sonoma County In-Home Supportive Services, IHSS

- Registry and Referral Service.....707-565-5700
Registry and referral service for IHSS consumers and providers.

Medical Equipment and Supplies

Home CARES Equipment Recycler

- Equipment Recycler707-364-0305
www.homecares.org
Loans or donates walkers, wheelchairs, commodes, shower benches, canes, and braces. Accepts donations of equipment.

Hometown Medical Supplies

- Medical Equipment and Supplies888-848-0818
www.hometown-medical.com
Sales, repair and rental of medical equipment

Kerr Medical Inc

- Medical products707-823-5426
www.kerrmedical.com
medical equipment for nursing homes and at home care

Lift and Accessibility Solutions

- Home modifications707-538-3210
www.liftandaccessibilitysolutions.com
Installations of equipment for home modifications for elderly and disabled

Shield Healthcare

- Home delivery800-675-8840
www.shieldhealthcare.com
Kaiser members should call 800-423-9909

Medication Management

Programs that provide medication screening and education for an individual and/or caregiver to prevent incorrect medication and adverse drug reactions.

City of Santa Rosa

- Safe Medicine Disposal707-543-3369
www.safemedicinedisposal.org

Saint Joseph Health - Sonoma County

- House Calls707-547-4684
Primary medical care provided by family nurse practitioners to frail and elderly patients who are accepted onto the program and who are unable to access health care in the community.

Medical Alert Systems

Programs operated through the local fire department or other designated agency. The program calls seniors each day at a predetermined time to ensure that they are okay. If no answer, the designated agency provides a follow-up visit.

Bay Area Vital-Link, Inc

- Medical Alert System510-338-3466
www.vital-linkinc.com
Personal emergency response pendant system

Lifeline of North Bay

- Medical Alert System707-778-7883
www.lifelinenorthbay.com
Personal emergency response pendant system

MedicAlert Foundation

- Medical Alert System800-432-5378
www.medicalert.org
Medical alert bracelet, necklace, watch

MedicAlert Safe Return

- Alzheimer's Association Safe Return.....800-272-3900
www.medicalert.org
Personalized medical ID bracelet safe return system

RoutineMD of Sonoma County

- Emergency Response System888-910-9955
Auto fall detection emergency response system pendant

Respite Services for Caregivers

Provides supervision and care of clients while the usual caregiver takes a short break. See "Home Health Care and In-Home Assistance" and "Home Care Registries".

Catholic Charities of the Diocese of Santa Rosa

- Alzheimer's Respite Resource Center.....707-528-8712
Offers a caring environment for one-on-one interactions with volunteers and staff. The center provides a safe place, support groups, day activity programs for clients with dementia, while giving family members respite from caregiving.

Council on Aging

- Sonoma Valley Respite707-525-0143
Providing necessary breaks for the caregivers of Alzheimer's patients.

Petaluma People Services Center

- Adult Day & Respite.....707-765-8488
Offering adult day and respite care - call for days and times.

Redwood Caregiver Resource Center

- Redwood Caregiver Resource Center.....707-542-0282
Offers respite, sliding scale with co-pay, serving caregivers of brain-impaired adults over the age of 18 years and the frail elderly.

Redwood Coast Medical Services

- Shamli Volunteer Hospice and Respite707-882-1704 EXT 121

Care Management

Programs that develop plans for coordinated care of individuals who, because of age, illness, disability, or other difficulties are unable to arrange for services on their own behalf. Services include assessment of needs, coordination of needed services and monitoring with follow-up of services to determine the effectiveness of the services provided. Only non-profit agencies providing case management are listed below. For additional resources, see the Yellow Pages under "Senior Citizens' Services and Organizations."

Council on Aging

- Senior Care Coordination707-525-0143
Provides an individualized care plan and advocacy-based long term care management to seniors. Fee based care management program.

County of Sonoma Human Services - Adult and Aging Division

- Linkages707-565-5900
Short term case management program designed to assist seniors to remain independent and safe at home. Assistance for 60+.

- Multipurpose Senior Services Program.....707-565-5950
www.sonoma-county.org/human/adult_aging.htm
 A case-management program designed to assist seniors remain at home. Assistance for frail elderly 65+, Medi-Cal eligible.
- Disability Services & Legal Center**
- DSLC Transitions Project707-528-2745
 DSLC's Transitions Project helps individuals living in convalescent hospitals and skilled-nursing facilities to relocate into their own apartments and homes.
- Face To Face**
- Care Services 707-544-1581
www.f2f.org
 Offering programs specifically for those diagnosed with AIDS or HIV.
- Jewish Family and Children's Services**
- Seniors at Home707-303-1515
www.SeniorsAtHome.org
 Comprehensive services for the entire community- from bill paying to conservator of estate- to help seniors safely manage their finances.
- Lighthouse for Blind and Visually Impaired**
- Lighthouse of Marin415-258-8496
 Promotes the independence, equality and self-reliance of people who are blind or visually impaired through rehabilitation training and relevant services, such as access to employment, education, government, information, recreation, transportation and the environment.
- Neuropsychological Associates**
- Neuropsychological Case Management.....707-526-5424
 Offering neuropsychological evaluations, cognitive rehabilitation, memory clinic, psychopharmacological consultation and counseling services, case management and planning for long term care needs.
- North Bay Regional Center**
- Developmental Services707-569-2000
- Petaluma People Services Center**
- Senior Case Management.....707-765-8488
www.petalumapeople.org
 Provides in-home assessment of client needs and information and referral for service coordination, monitoring and follow-up by phone or home visits.
- Saint Joseph Health - Sonoma County**
- House Calls707-547-4684
 Primary medical care provided by family nurse practitioners to frail and elderly patients who are accepted onto the program and who are unable to access health care in the community.
- Pulmonary Wellness Center 707-778-2717
 Offers outpatient rehabilitation programs for pulmonary wellness.
- West County Community Services**
- Russian River Senior Resource Center-Case Management.....707-869-0618
www.cfssa-sonoma.org
 Provides case management services to seniors.

Hospice Care

Programs that provide a full range of medical and supportive services for terminally ill people in their final stages of illness and for their families. Most programs also offer grief and loss support groups. Services listed below are for home-based hospice care.

Heartland Hospice Services

- Heartland Hospice Services707-523-0188

Hospice by the Bay

- Health Care Services.....415-927-2273
www.hospicebythebay.org

Jewish Family and Children's Services

- Seniors at Home707-303-1515
www.SeniorsAtHome.org
Comprehensive services for the entire community- from bill paying to conservator of estate- to help seniors safely manage their finances.

Redwood Coast Medical Services

- Shamli Volunteer Hospice and Respite 707-882-1704 EXT 121

Saint Joseph Health - Sonoma County

- Hospice.....707-568-1094
Provides palliative care and support services for terminally ill patients and their families. This includes physical, psychosocial, spiritual and bereavement care. Bereavement services are available to all Sonoma County residents. Groups are available for adults, teens and children as well as individual counseling.

Sutter Care at Home

- Sutter Care at Home.....707-535-5780
Offers support groups including Bereaved Parents, Survivors of Suicide, Partner/Spouse Loss, People in Grief, Adults who have Lost Parents, and Daughters Grieving the Mothers.

Home Health Care and In-Home Assistance

The following are agencies that make necessary medical and/or personal care available to elderly, disabled, ill or convalescing individuals in their own homes. Services are provided by employees of the agencies and can include personal care, chores and light housekeeping.

A Place for Mom

- Homecare Placement Resources.....707-486-8850
Resources out to board care, assisted living, memory care, independent living, senior housing, respite care and in home care.

AccentCare

- Home Health Care Services 707-792-2211

Advocacy Home Care

- Home Health Care Services707-778-8400

Arcadia Home Care & Staffing

- Home Health Care Services415-499-1220

At Home Caregivers

- In Home Care Services707-575-4663

At Home Nursing

- In Home Care Services707-546-8773

At Your Service Home Care

- Non-Medical Home Care707-573-1003

Comfort Keepers 745 Serving Sonoma County

- Custodial Care707-526-3582
www.windsor-745.comfortkeepers.com
Provides in-home care such as companionship, personal care, or in-home safety solutions, in order to improve the quality of life and enable independent living for senior and older adults.

Fox and Associates Home Health

- Advocacy Home Nursing707-573-0223

Gentiva Home Health Services

- Home Health and Hospice..... 707-545-7114

Healing At Home

- Home Health Care.....707-935-5135

Heart & Soul Homecare

- Home Care and Case Management.....707- 490-6576

Hired Hands Inc.

- In Home Care Services707-575-4700

Home Care Advantage

- In Home Care Services707-523-2218

Home Care Assistance Sonoma County

- In Home Care Services707-843-4368

Home Health Care, Inc.

- State Licensed Skilled Nursing Home Care707-538-0679

Home Instead Senior Care

- Custodial Care.....707-586-1516

Homewatch Caregivers

- In Home Care Services707-508-4101

HomeWell Senior Care

- In Home Care Services415-300-2449

In-Home Haircuts

- In Home Haircuts.....707-293-3295
Licensed cosmetologist providing haircuts and styles to homebound individuals in the comfort of their home or facility

Jewish Family and Children's Services

- Seniors at Home.....707-303-1510

Kaiser Permanente

- Home Health Department.....707-566-5488
Also offers hospice services

Maxim Healthcare Services

- Full Service Healthcare Company707-577-0910

Right at Home

- In Home Care Provider707-843-5192

Senior Helpers

- In Home Senior Care707-404-3054

Senior Resources @ Home

- Home Health Care Services707-539-9000

Sequoia Senior Solutions, Inc

- In Home Care Services, Petaluma707-763-6600
- In Home Care Services, Santa Rosa.....707-539-0500

Sonoma County Human Services Department

- In Home Supportive Services707-565-5900
Assistance for low income seniors and people with disabilities to remain at home. Programs subsidized with state and federal funds; eligibility requirements apply.

St. Joseph Home Care Network

- In Home Skilled Nursing Home Care.....707-206-9124

Sutter Care at Home

- Home Health and Hospice Services.....707-535-5600

Visiting Angels

- Living Assistance Services707-528-0222

WeCare Home Assistants

- In Home Assistance for Seniors707-843-3838

HOUSING

Programs that seek to meet the shelter needs of the community by providing home improvement programs, housing location assistance, housing-related financial assistance, and housing alternatives.

Housing Information

California Rural Legal Assistance Inc

- California Rural Legal Assistance-Santa Rosa.....707-528-9941
Providing information on general housing, employment, public benefits, legal and education for low income persons.

Council on Aging

- Information and Assistance707-525-0143
Advocacy and assistance with connection to direct services, housing, food, in-home support services, caregiver needs, counseling, victims compensation funds. Provides comprehensive elder abuse wraparound services, multi-disciplinary services, individualized case review, and long term sensitive client support. Community outreach and education on recognizing the signs and effects of elder abuse. Volunteer opportunities available.

Legal Aid of Sonoma County

- Eviction Assistance707-542-1290
www.legalaidsc.org
Helps avoid homelessness by preventing unlawful evictions. Provides assistance with and answers to unlawful detainer. There is no charge for this service, if eligible.

Petaluma People Services Center

- Fair Housing of Sonoma County707-765-8488
www.petalumapeople.org
FHOSC- provides information and referral services to Sonoma County residents concerning landlord - tenant and fair housing law and practices.
- Fair Housing Tenant/Landlord Education and Mediation707-765-8488
www.petalumapeople.org
Provides information regarding fair housing, tenant and landlord rights, written materials in landlord-tenant law, and mediation

Tenants Together

- Tenants Together888-495-8020
Devoted to defending and advancing the rights of California tenants through a statewide renter's rights organization.

Placement Services

Adult Healthcare Advocacy Services

- Advocacy Services707-595-5258
Offering seniors assistance with selection of managed care facility for long or short term.

California Social Services Department of Community Care Licensing Division

- Community Care Licensing Division707-588-5026

ElderHelp Placement and Referrals

- Placement and Referrals707-542-7606
Placement assistance in locating residential or assisted living environment that is a fit for the residents' criteria.

Placement Options

- Placement Options707-570-0257
Offering personal placement and referral assistance to help seniors navigate the transition to assisted care.

Senior Placement Services

- Senior Placement Services707-292-9998
Matching seniors with living situation at no cost to the client.

Sonoma County Housing Coalition

- Sonoma County Affordable Housing Inventory707-953-8988
www.sonomacounty.ca.gov/CDC/Affordable-Housing-Inventory/
The inventory of rental housing units by jurisdiction was compiled by the Sonoma County Housing Coalition to assist Sonoma County renters in locating affordable units.

Tweeten Eldercare Advisors

- Eldercare Advisors707-570-2589
Provide personalized placement and referral assistance to help seniors navigate the transition to assisted care.

Housing Repair and Weatherization

City of Santa Rosa

- Economic Development and Housing Department707-543-3300
Section Eight Program (rental assistance) for seniors, low income and disabled. Housing rehabilitation available.

County of Sonoma Community Development Commission

- Housing Rehabilitation (Repair) Program.....707-565-7555

Disability Services & Legal Center

- DSLC Housing Access Modification Program707-528-2745
Removes architectural barriers from homes of persons who have disabilities.

North Coast Energy Services

- Low Income Home Energy Assistance Program707-495-4417
Assistance with utility bill for low income households , call for eligibility.

Rebuilding Together - Rohnert Park and Cotati

- Rebuilding Together - Rohnert Park and Cotati.....707-792-2851
Provides home repair services and home safety modification at no cost to low income homeowners.

Rebuilding Together Petaluma

- Rebuilding Together Petaluma707-765-3944
Provides home repair services and home safety modification at no cost or to low income home owners.
Santa Rosa residents can call Petaluma office.

Rebuilding Together Sebastopol

- Home Repair and Rehabilitation.....707-829-2440
www.rtsebastopol.org
Rebuilding Together rehabilitates the houses of low-income homeowners, particularly those who are elderly, disabled or families with small children - so that they may continue to live in warmth safety and independence. Also assist non profit organizations with repairs, remodeling and yard work.

Utility and Rent Deposit Assistance

City of Santa Rosa

- Economic Development and Housing Department.....707-543-3300
Section Eight Program (rental assistance) for seniors, low income and disabled. Housing rehabilitation available.

County of Sonoma Community Development Commission

- Sonoma County Housing Authority.....707-565-7501
www.sonoma-county.org/cdc/section8.htm
Provides rental assistance to very low-income individuals and families, seniors, persons with disabilities and veterans who reside in the County of Sonoma.

Emergency and Transitional Housing

California Human Development Corporation

- Sonoma County Community Services.....707-433-6652
Direct services offered for eligible persons including farm workers: Temporary employment assistance, specialized information and referral for community. Referral services for eligible persons including farm workers: Electric bill payment assistance, gas bill payment assistance, heating fuel bill payment assistance, water bill payment assistance, rental assistance.

Catholic Charities of the Diocese of Santa Rosa

- Family Support Center.....707-542-5426
Emergency shelter for children and their families, the disabled and seniors. Intake is daily, may have a waiting list. No clothing distribution.

Committee on the Shelterless (COTS)

- Mary Isaak Center707-765-6530
www.cots-homeless.org/index.php/how-we-help/homeless-services/
Emergency shelter program for single adults and family transitional housing.

Community Action Partnership of Sonoma County

- Sloan House707-569-0615
Participants are eligible to stay in 30 day increments for a total of 180 days. Provides intensive case management, on-site workshops, laundry and access to community based support services.

Redwood Gospel Mission

- The Rescue Mission and Homeless Guest Services707-542-4817
www.srmission.org/find.html
Meals, shelter, and clothing for men. Alcohol and drug recovery program in addition to job development for men and women.
- The Rose Emergency Shelter for Women & Children707-573-0490
Provides basic necessities like food, clothing, shelter and personal hygiene in a home-like setting for women and their children.

Volunteer Center of Sonoma County

- 2-1-1 Sonoma2-1-1
www.211Sonoma.org
Connects Sonoma County residents with non-emergency information and referrals to local health and human services resources - food, clothing, shelter, counseling, financial aid, eldercare, child care, transportation and Sonoma Access programs. The comprehensive database is available online and by phone 24 hours a day, 7 days a week.

Low Income and Subsidized Housing

Burbank Housing Development Corporation

- Affordable Housing707-526-9782
Various housing developments with rentals for seniors and low income residents. Each has a waiting list.

PEP Housing

- Petaluma Ecumenical Properties707-762-2336
Various housing developments structured to maintain affordable housing in perpetuity.

Petaluma People Services Center

- Shared Housing and Resource Exchange707-477-2759
Helps to match two or more unrelated people to share a home, one of the participants must be 60 years or older matched with a participant 21 years or older. Ideal participants would include any homeowner or renter (home provider) who has a room available for rent to help with expenses, or a service exchange homeshare in which defined services are provided in exchange of paying less or no rent.

Salvation Army Silvercrest Residences Inc

- Independent Housing for Seniors707-544-6766

Sonoma County Housing Coalition

- Sonoma County Affordable Housing Inventory707-953-8988
The inventory of rental housing units by jurisdiction was compiled by the Sonoma County Housing Coalition to assist Sonoma County renters in locating affordable units.

Supportive Housing

California Department of Developmental Services

- Sonoma Developmental Center 707-938-6000
www.dds.ca.gov/Sonoma/Index.cfm

California Department of Veteran Affairs

- Veterans Home 707-944-4601 or 707-944-4704
Offering housing for California Veterans with honorable discharge with active duty over the age of 62 or disabled.

North Bay Veterans Resource Center- A Division of Vietnam Veterans of California

- Veterans Transitional Home 707-578-8387
Assists enrolled veterans of all areas with transportation, clothing, tools, fees, tuition and training costs. Veterans Employment and training program and veterans transitional home.

Senior Advocacy Services

- Ombudsman-Long Term Advocacy 707-526-4108
Investigation and prevention of abuse and neglect in residential care, assisted living facilities, and nursing homes.

Mobile Homes

County of Sonoma Community Development Commission

- Mobile Home Program 707-565-7555
Provides space rent arbitration for mobile home owners and park owners where rent increase is discussed. A petition for space rent review may be filed in accordance with county ordinance number 5101. The Mobilehome Section of the CDC website contains the current ordinance; frequently asked questions with links to mobilehome information including a park listing link, the dispute resolution process, and a petition for space rent review.

Santa Rosa Manufactured-Home Owners Association

- Manufactured-Home Association 707-539-4568
Provides information pertaining to manufactured homes in Santa Rosa.

Sonoma County Mobile Home Owners Association

- Mobile Home Owners Association 707-584-7222
Support group, information on owner's rights and other issues pertaining to the mobile home community.

INFORMATION SERVICES

Programs whose primary purpose is to maintain information about human service resources in the community and to link people who need assistance with appropriate service providers.

Information and Referral

Administration for Community Living

- Eldercare Locator 800-677-1116
www.eldercare.gov
Connects older adults, their families and caregivers with information on senior services. Topics may include Alzheimer's disease, caregiver, elder abuse prevention, financial assistance, food & nutrition, health insurance, aging, home repair & modification, housing options, in-home services, legal assistance, long term care, nursing home & LTC facilities, transportation, and volunteerism.

Born to Age

- Senior Care Directory 707-226-7127
Provides timely, accurate information on senior care to people who want to be a part of the process of planning for, and deciding on, the care that's right for each unique individual. Advocates personal choice and independent autonomy. Offers senior information kiosks and personal referral services.

Catholic Charities of the Diocese of Santa Rosa

- Community Outreach..... 707-528-8712

Council on Aging

- Information and Assistance 707-525-0143
Advocacy and assistance with connection to direct services, housing, food, in-home support services, caregiver needs, counseling, victims compensation funds. Provides comprehensive elder abuse wraparound services, multi-disciplinary services, individualized case review, and long term sensitive client support. Community outreach and education on recognizing the signs and effects of elder abuse.

County of Sonoma Human Services - Adult and Aging Division

- Area Agency on Aging 707-565-5950
www.socoaaa.org
Responsible for planning, funding and coordination of senior services. Provides education programs including A Matter of Balance fall prevention classes. Advisory Council advises County Board of Supervisors on senior issues.

County of Sonoma Human Services Department

- Benefits CalWIN CalFresh and Medi-Cal 707-565-5758
www.mybenefitscalwin.org/
Economic Assistance Division: First time Medi-Cal applicants, Affordable Care Act enrollment, information on Covered CA, CalFresh (foodstamps) 707-565-2715 Medi-Cal recipients with ongoing cases and first time Medi-Cal applicants-877-699-6868

Easter Seals Bay Area - North Bay Region

- Information and Referral Services 707-843-3745
Equipment loan of walkers, wheelchairs, commodes, shower benches, and canes.

Jewish Family and Children's Services

- Seniors at Home 707-303-1515
www.SeniorsAtHome.org
Comprehensive services for the entire community- from bill paying to conservator of estate- to help seniors safely manage their finances.

Petaluma People Services Center

- Senior Case Management..... 707-765-8488
www.petalumapeople.org
Provides in-home assessment of client needs and information and referral for service coordination, monitoring and follow-up by phone or home visits.

Sonoma Kinship Family Center

- Sonoma Kinship Family Center 707-569-0877
Offers a wide spectrum of services to kinship care providers and the children they are raising.

Volunteer Center of Sonoma County

- 2-1-1 Sonoma 211
www.211Sonoma.org
Connects Sonoma County residents with non-emergency information and referrals to local health and human services resources - food, clothing, shelter, counseling, financial aid, eldercare, child care,

transportation and Sonoma Access programs. The comprehensive database is available online and by phone 24 hours a day, 7 days a week. Provides phone application assistance for CalFresh food benefits. Volunteer opportunities available.

West County Community Services

- Russian River Senior Resource Center.....707-823-1640
Offers counseling and support groups for seniors.

County Information

County of Sonoma

- County of Sonoma General Information 707-565-2961
www.sonoma-county.org
Provides general information pertaining to services provided by county agencies.

Libraries

Sonoma County Public Library

- Local History & Genealogy Annex..... 707-545-0831
The central library is the largest Sonoma County Library & serves as the reference center for the library system. Behind the central Library is a local History & Genealogy Annex; hours Wednesday through Saturday, 10am-6pm.
- Public Libraries 707-566-0281
Provides general library services, telephone reference services, large-print books, books on cassette and CD, videos, DVDs, cassettes, compact discs and free public access to the Internet. Also provides information and applications for the State Library's Braille and Talking Books Programs. Items may be borrowed through any library and returned to any library.

Consumer Information and Complaints

California Department of Consumer Affairs

- Consumer Assistance Office800-952-5210
Assists consumers to protect themselves from unfair competition by unlicensed practitioners. Information and Referral on general consumer issues; auto repairs, smog issues and complaints.

California Department of Housing and Community Development

- Mobile Home Ombudsman.....800-952-8356
Receives and processes complaints from the public and public officials related to living in manufactured homes and mobile homes. Complaints regarding health and safety, sales and warranty issues, for mobile homes and manufactured housing.

California Department of Insurance

- Consumer Hotline.....213-897-8921
Provides insurance experts to receive complaints and to assist consumers with insurance information. Information and complaints only.

California Department of Motor Vehicles

- Investigation Bureau..... 707-648-4511
Takes complaints about auto dealers, contract issues, auto advertising and warranties, odometer rollbacks and fraudulent driver's license applications.

Consumer Product Safety Commission

- Consumer Product Safety Commission Hotline301-504-7923
Receives complaints from consumers regarding product safety, as well as investigates, monitors, and provides recall information.

Contractors State Licensing Board

- Automated Consumer Hotline.....916-255-3900
Automated Consumer Hotline to verify contractors licensed by the State of California. Information on hiring contractors, contractors license status and complaints.

Federal Trade Commission

- Consumer Response Center877-382-4357
- Identity Theft Hotline415-848-5100
Consumer counselors and information on identity theft. Freedom of Information Act, credit related information and antitrust issues.

Golden Gate Better Business Bureau

- Golden Gate Better Business Bureau 866-411-2221

Insurance Information Institute

- Insurance Information.....800-331-9146
Provides general information and assistance about all types of insurance, homeowners, auto, and life insurance.

Medical Board of California

- Central Complaint Unit800-633-2322
Reviews and investigates complaints and disciplines licensed medical professionals. Complaints regarding physicians and allied health professionals.

Sonoma County District Attorneys Office

- Environmental & Consumer Law Division707-565-3161
Investigates complaints of consumer fraud.

Sonoma County Mobilehome Owners' Association Inc

- Mobilehome Owners' Support and Information707-341-3324
Support group and information on owner's rights and other issues pertaining to the mobile home community.

State Bar Attorney Complaint Hotline

- Complaint Hotline800-843-9053
Assists with filing complaints against attorneys through an informational hotline; Complaints, information on attorney discipline status.

LEGAL AID AND PUBLIC SAFETY

Legal Aid and Advocacy for Seniors

Programs that protect the rights of individuals or groups by offering legal advice to those involved in civil, criminal, or administrative actions or to those who have been denied services or other benefits to which they are entitled by law. See "Consumer Information and Complaints"

Alzheimer's Association

- Alzheimer's Association Advocate707-573-3900
Advocates for people with Alzheimer's and other related dementias, and for their families.

American Association of People with Disabilities

- American Association of People with Disabilities800-840-8844
Disability rights organization promoting equal opportunity, economic power, independent living, and political participation for people with disabilities. Does not provide direct services but may provide referrals and resources.

American Council of the Blind

- Information and Referral Service 202-467-5081
www.acb.org
Offers information and referral on blindness and visual impairment.

Brain Injury Network

- Brain Injury Support707-544-4323
Serves individuals who have sustained acquired brain injuries, provides peer support and self-help meetings. Offers survivor and family caregiver support by telephone and email and provides social and youth information and referral. Services also include advocacy on issues of importance to the brain injury community.

California Rural Legal Assistance Inc

- California Rural Legal Assistance-Santa Rosa 707-528-9941
Providing information on general housing, employment, public benefits, legal and education for low income persons.

Catholic Charities of the Diocese of Santa Rosa

- Immigration and Citizenship Services707-578-6000
Accredited staff by U.S. Board of Immigration Appeals (BIA) offer authorized assistance in permanent residency, family reunification and citizenship. Translation services available with advanced notice.

City of Healdsburg

- Healdsburg Senior Center707-431-3324
www.healdsburgparksandrec.org
Multi-Purpose Senior Center providing educational, recreational, fitness & leisure activities; bus trips and support services. The Healdsburg Senior Center is also home to the Council on Aging's Congregate Dining and Meals on Wheels programs serving Healdsburg seniors. Legal aid available once a month with appointment.

City of Petaluma

- Petaluma Senior Center Services707-778-4399
www.cityofpetaluma.net/parksnrec/senior.html
Offers recreation, social services and a drop-in center for senior citizens. Scheduled classes and monthly activities include day trips. Also offers outreach services such as legal advocacy and health insurance counseling. A newsletter is available at an affordable cost. Specialized Information and Referral.

Council on Aging

- Lawyer Referral Services707-525-1146
Lawyer Referral Service - selected panel of attorneys addressing senior issues. Senior Legal Services - conservatorship program, estate planning, and assistance with other elder law issues.

County of Sonoma - Office of the District Attorney

- Victim Services Division707-565-8250
Provides advocacy and referrals to crime victims throughout and beyond the criminal justice process. Assisting victims in identifying and applying for reimbursement programs to include CalVCP and restitution. No legal advice.

County of Sonoma Sheriff's Office

- Crime Prevention Unit 707-565-7398 or 707-565-2650
Neighborhood Watch and programs for the elderly concerning their unique crime related problems.

Disability Services & Legal Center

- Deaf Services 707-528-2745
www.disabilityserviceandlegal.org
Advocacy, Independent Living Skills, Peer Counseling, Information and Referral to other networking agencies and services.
- DSLC Assistive Technology 707-528-2745
www.disabilityserviceandlegal.org
Assistive Technology (AT) is any adaptive aid used by a person with a disability to function as independently as possible both in the workplace and at home.

Empire College

- Elder Law Clinic 707-736-6150
www.empcol.edu/small-claims-advice
Free advice on all legal topics, no appointment necessary; call for hours.

Family Justice Center Sonoma County

- Criminal Justice Services 707-565-8255
The Family Justice Center Sonoma County empowers family violence victims to live free from violence and abuse by providing comprehensive services, centered on and around the victim, through a single point of access.

Jewish Community Free Clinic of Sonoma County

- Free Medical and Legal Clinic 707-585-7780
www.jewishfreeclinic.org
Provides a free legal clinic for those seeking free legal advice in a number of legal areas.

Legal Aid of Sonoma County

- Eviction Assistance 707-542-1290
legalaidsoc.org
Helps avoid homelessness by preventing unlawful evictions. Provides assistance with and answers to unlawful detainer. There is no charge for this service, if eligible.
- Protective/Restraining Order 707-542-1290
legalaidsoc.org/
Domestic violence and civil harassment restraining orders available at our office. Help individuals seek a restraining order, prepare all the legal documents you need, assist you to write a story for the judge, help you prepare for your hearing. All services are confidential and private. This service is for people of all income levels.

Legal Services of Northern California

- Senior Legal Hotline 916-551-2197
Free telephone hotline consultation for seniors aged 60+.

People with Disabilities Foundation

- People with Disabilities Foundation 415-931-3070
www.pwdf.org
Provides education and advocacy for people with psychiatric and/or developmental disabilities, with or without physical disabilities, so that they can achieve equal opportunities in all aspects of life. Provide representation for SSI, Social Security Disability, and disability work incentive programs hearings and appeals. Also provide brief consultations on Employment, Healthcare, SSA Work Incentive Programs & Post-Secondary Education.

Petaluma People Services Center

- Fair Housing of Sonoma County707-765-8488
www.petalumapeople.org
FHOSC- provides information and referral services to Sonoma County residents concerning landlord - tenant and fair housing law and practices.

Recourse-Redwood Empire Conflict Resolution

- Recourse Mediation Services.....707-525-8545
recoursemediation.com
Information and mediation, landlord- tenant, family and consumer issue, neighbor disputes. No legal services available.

Sonoma County Bar Association

- Lawyer Referral Service 707-546-5297

Sonoma County District Attorneys Office

- County of Sonoma District Attorney..... 707-565-2311
www.sonoma-county.org/da
Investigates complaints on consumer fraud.

Sonoma County Legal Services Foundation

- Modest Means707-546-2924
Legal services available on sliding scale, resource materials, and self- help workshops.

Sonoma Police Department

- YWCA Domestic Violence Services.....707-565-8733
www.sonomacity.org
24 hour crisis hotline offering support and resources.

State Council on Developmental Disabilities

- Area 4 Board--State Council on Developmental Disabilities707-648-4073
Provides advocacy, public information programs, encouragement, assistance in preparation of a state plan for developmental disabilities services. Cooperates with coordinating and planning bodies and county governmental groups.

Superior Court of California-County of Sonoma

- Restraining Orders707-521-6630
Assists with temporary restraining orders and information.

Verity - Sonoma County Rape Crisis Trauma & Healing Center

- 24/7 Crisis Hotline707-545-7270
24 hours of the day our Crisis Line is staffed by trained, compassionate, California State Certified Sexual Assault Victim Counselors for confidential counseling, emergency assistance, information and referrals. Crisis intervention is provided to anyone affected by sexual assault – survivors and their family and friends. Provide survivors with information about law enforcement and medical issues involved in reporting a sexual assault; Assist survivors in exploring options, and to support their decisions; Accompany survivors and advocate for them when dealing with courts, medical care, or law enforcement; etc.
- Forgotten Warriors Project707-545-7270 ext 11
Offers free, confidential services to Sonoma County's resident survivors of Military Sexual Trauma (MST) resulting from either a sexual assault or repeated sexual harassment while in the military. Verity is able to provide Veterans as well as enlisted women and men with services that include individual counseling with a licensed clinician, women's support groups and men's support groups for survivors, and advocacy.

Adult Protective Services

County of Sonoma - Office of the District Attorney

- Victim Services Division.....707-565-8250
Provides advocacy and referrals to crime victims throughout and beyond the criminal justice process.
Assisting victims in identifying and applying for reimbursement programs to include CalVCP and restitution.
No legal advice.

County of Sonoma Human Services - Adult and Aging Division

- Adult Protective Services.....707-565-5940
www.sonoma-county.org/human/adult_aging.htm
Investigation of abuse and neglect of elder or dependent adults living in the community.

Family Justice Center Sonoma County

- Criminal Justice Services707-565-8255
The Family Justice Center Sonoma County empowers family violence victims to live free from violence and abuse by providing comprehensive services, centered on and around the victim, through a single point of access.

Senior Advocacy Services

- Ombudsman-Long Term Advocacy.....707-526-4108
Investigation and prevention of abuse and neglect in residential care, assisted living facilities, and nursing homes.

WeTip

- Anonymous Crime Reporting Hotline 1-800-78-CRIME
www.wetip.com
Provides a 24/7 anonymous crime reporting hotline and internet line for citizens and as a tool to aid law enforcement.

Police and Fire Services

Agencies that are part of city, county, state, or federal government that are responsible for preserving peace in the community, protecting life and property, preventing and detecting crime (including targeted types of crime), and apprehending suspects.

City of Rohnert Park

- Rohnert Park Public Safety 707-584-2611
Offers local police, fire fighter, medical aid response, and hazardous material response services to the community.

Cloverdale Police Department

- Cloverdale Police Department.....707-894-2150
Provides Law Enforcement Services to Cloverdale residents.

Cotati Police Department

- Cotati Police Department..... 707-792-4611
Provides law enforcement services.

County of Sonoma Fire and Emergency Services

- Office of Emergency Services 707-565-1152
www.sonoma-county.org/fire
This division is responsible for the planning, coordination of response, recovery, and mitigation activities related to county-wide emergencies and disasters; serving as the primary coordination point for emergency management's communication flow between the Federal, State, and local levels; developing emergency

operation plans for the county, cities, and districts; conducting training and educational outreach programs related to emergency preparedness; and sponsoring emergency management training.

County of Sonoma Sheriff's Office

- Crime Prevention Unit 707-565-7398 or 707-565-2650
Programs include Neighborhood Watch and programs for the elderly concerning their unique crime related problems.
- Sonoma County Sheriffs Department.....707-565-2650
www.sonomasheriff.org
9-1-1 (nine-one-one) is for reporting emergency events only. Law Enforcement, fire, and medical resources will be sent out directly when there is an immediate threat to life or property. If you are unsure about what you are reporting is an emergency, call 9-1-1 and assistance will be dispatched to the most critical situations first. 9-1-1 should also be called when there is a good chance of arresting a crime suspect or preventing the development of a serious crime situation by reporting suspicious persons, vehicles, or circumstances, threats of violence or injury, escalating disturbances or actions which if not controlled quickly could lead to an emergency.

Healdsburg Police Department

- Public Safety..... 707-431-3377
Provides police and public safety services.

Petaluma Police Department

- Petaluma Police Department.....707-778-4372
Providing police and safety services.

Santa Rosa Police Department

- Safety Resources707-543-3653
www.santarosapd.com
Provides law enforcement services.

Sebastopol Police Department

- Sebastopol Police Department.....707-829-4400
Provides police services for the residents of Sebastopol. Coordinates counseling with a community based agency for at risk youth.

Sonoma County Sheriff's Department Guernville Substation

- Sheriff's Department Guernville Substation.....707-869-0202
Provides police and safety services.

Sonoma Police Department

- Sonoma Police Department.....707-996-3602
www.sonomacity.org
Provides police services.

Windsor Police Department

- Windsor Police Department.....707-838-1234
Enforces all penal code law and Town ordinances. The Department has adopted the philosophy of community oriented policing wherein all employees of the Department interact with the community to identify and resolve public safety concerns. Several successful programs are in place.

LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUEER, INTERSEX (LGBTQI)

Family Caregiver Alliance

- Support Group415-434-3388
www.caregiver.org/lgbt-caring-community-online-support-group
on-line support for LGBT caregivers

GLMA Health Professionals Advancing LGBT Equality

- LGBT health care providers.....202-600-8037
www.glma.org

Kaiser

- New Member Experience Department707-393-3186
Contact to receive list of doctors whose practice is specific to LGBT issues

KBBF 89.1

- The Queer Life: News and Perspectives707-545-8833
www.thequeerlife.org
Friday, 6-8pm

KRCB 91.1

- Outbeat Radio: Connecting the LGBT Community.....707-584-2000
www.krcb.org
Sundays, 8pm

Metropolitan Community Church of the Redwood Empire

- Social & Support Group.....707-529-1129
www.mccredwoodempire@yahoo.com

Open House

- Housing and supportive services.....415-296-8995
http://openhouse-sf.org
Housing and supportive services for LGBT seniors, San Francisco

Rainbow Women of Oakmont

- Social & Support Group.....707-623-9097
oakmontvillage.com/club/rainbow-women-of-oakmont
Educational, social and community service activities

S.A.G.E.

- Services and Advocacy for Gay, Lesbian, Bisexual and Transgender Elders212-741-2247
www.sageusa.org

Senior Center Without Walls

- LGBT Support Groups.....877-797-7299
www.seniorcenterwithoutwalls.org/
Free telephone-based program offers a variety of classes via conference calls, including LGBT support groups at times throughout the year. Contact for current schedule.

Spectrum LGBT Center

- Discussion Group415-457-2487 ext 117
www.spectrumlgbtcenter.org
Spectrum is a non-profit organization serving and supporting the NorthBay Gay, Lesbian, Bi-sexual, Transgender and Queer community through educational and diversity trainings, support groups, counseling,

and social functions. Spectrum collaborates with other organizations to provide needed services and acts as a resource to direct GLBTQ clients and their allies to the appropriate sources.

The Billys

- Bi-Monthly gatherings for gay, bi and queer men707-545-1044
thebillys.org

Transgender Health Clinic

- Health Clinic707-583-8806
www.srfmr.org/projects

Transgender Law Center

- Transgender Law Center415-865-0176
transgenderlawcenter.org/

The Transgender Law Center (TLC) is a civil rights organization advocating for transgender communities. TLC connects transgender people and their families to technically sound and culturally competent legal services; increases acceptance and enforcement of laws and policies that support California's transgender communities; and works to change laws and systems that fail to incorporate the needs and experiences of transgender people.

Vintage House Senior Center

- Sonoma Valley LGBT Senior Group707-227-6935
Free, monthly volunteer-led senior LGBT drop-in discussion groups in Sonoma and Marin Counties. Participants share information, have lively discussions and build community.

We The People

- LGBT Seniors Web siteeditor@wtppub.org
www.gaysonoma.com
Articles, events and groups

MENTAL HEALTH SERVICES

Programs that provide preventive, diagnostic and treatment services in a variety of community and hospital-based settings to help seniors achieve, maintain, and enhance a state of emotional well-being, personal empowerment, and the skills to cope with everyday demands.

Warm Lines and Helplines

Community Helpline-A Division of Helpline Youth Counseling

- Community Helpline877-541-2525
Community Helpline is a 42 year old nonprofit confidential listening, referral and crisis hotline serving the entire state of California toll free. Callers of all ages are welcome to call for support with issues like depression, anxiety, substance abuse, domestic violence and crisis/suicide. Listeners are ready to help clarify feelings and concerns and give callers a non judgmental empathetic ear.

County of Sonoma Health Services - Behavioral Health Division

- Psychiatric Emergency Services707-576-8181
www.sonoma-county.org/health/about/behavioralhealth_mh.asp
Provides 24 hour psychiatric emergency mental health services and referrals.

County of Sonoma Human Services - Adult and Aging Division

- Adult Protective Services707-565-5940
www.sonoma-county.org/human/adult_aging.htm
Investigation of abuse and neglect of elder or dependent adults living in the community.

County of Sonoma Human Services Department

- Suicide Prevention Project855-587-6373
www.socoaaa.org
Provides a free counseling and crisis intervention 24 hours a day hotline.

Department of Veterans Affairs

- Veterans Crisis Line.....800-273-8255
www.veteranscrisisline.net
Connects Veterans in crisis and families and friends with qualified Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

Goodwill Industries of the Redwood Empire

- Peer Warmline Connection.....707-565-4466
<https://gire.org/filelibrary/Warmline%20Page.pdf>
Offers a supportive, caring, and non-judgmental listener for people who wish to speak with someone about a crisis or who may be experiencing troubling thoughts or feelings. Offers information and referral for counseling and other crisis needs. The Warmline is staffed by peers with mental health experience.

Institute on Aging

- The Friendship Line Hotline415-752-3778
Providing a hotline for suicide prevention services for seniors.

National Alliance on Mental Illness Sonoma County

- Warmline Information and Referral Service.....707-527-6655
NAMI Sonoma County offers a Warm Line Service to anyone who is in need of help. Please contact the main office to speak with an information and referral call specialist. Walk-ins are welcome.

North Bay Suicide Prevention Hotline of Sonoma County

- North Bay Suicide Prevention Hotline of Sonoma County855-587-6373
www.fsamarin.org
Suicide Prevention and Crisis Counseling.

Parkinsons Disease Foundation

- National Helpline and Email Service212-923-4700
Parkinson's disease research, education and public advocacy. Funding promising scientific research and supporting people with Parkinson's, their families and caregivers. Find out answers to questions about Parkinson's by submitting your questions online and receiving an answer from our information specialists within 8-10 days.

San Francisco Suicide Prevention

- HIV Nightline.....415-434-2437
www.sfsuicide.org/our-programs/hiv-nightlines/
Offers free, confidential and emotional support all night to people just testing HIV positive, people in later stages of AIDS feeling isolated and/or concerned about their medications, caregivers buckling under the stress of caring for a loved one at home, and people concerned about the HIV risks. Open 5pm-5am for people receiving their HIV test results after work at a clinic to people just having a night of unsafe sexual exposure.

Senior Advocacy Services

- Ombudsman-Long Term Advocacy.....707-526-4108
Investigation and prevention of abuse and neglect in residential care, assisted living facilities, and nursing homes

Sonoma Police Department

- YWCA Domestic Violence Services.....707-565-8733
www.sonomacity.org
24 hour crisis hotline offering support and resources.

Outpatient Services

Council on Aging

- Senior Peer Support..... 525-0143 ext 125
Provides assistance to seniors for various mental health issues, conducts home visits to eligible clients to assess mental health needs.

County of Sonoma Health Services - Behavioral Health Division

- Mental Health Access Team707-565-6900
www.sonoma-county.org/health/about/behavioralhealth_mh.asp
Offering individual and family counseling; bereavement support. Accepts Medicare and some insurance.
- Older Adult Mental Health Services..... 707-565-4857
www.sonoma-county.org/health/about/behavioralhealth_mh.asp
Provides psychiatric assessment and treatment of older adults who are 60 years of age and over and who have a psychiatric disability that disrupts or interferes with the individual's ability to maintain residence or engage in productive activities and daily responsibilities. Services may also be available to families of older adults. Offers psychiatric consultation, information, and education to other agencies and individuals working with older adults.
- Psychiatric Emergency Services 707-576-8181
www.sonoma-county.org/health/about/behavioralhealth_mh.asp
Provides 24 hour psychiatric emergency mental health services and referrals.

Defense Centers of Excellence

- Outreach Center and Transition Support.....866-966-1020
Provides advocacy services to active military, veterans, and families of active military and veterans. Services include advocacy, specialized information and referral, and veterans benefits assistance. Services are targeted to individuals dealing with mental health issues and traumatic brain injuries. If you have a question about a psychological health or traumatic brain injury concern, the DCoE Outreach Center is available 24/7.

Jewish Family and Children's Services

- Seniors at Home.....707-303-1515
www.SeniorsAtHome.org
Comprehensive services for the entire community- from bill paying to conservator of estate- to help seniors safely manage their finances.

West County Community Services

- Senior Adult Counseling707-823-1640 ext 380
Senior Peer Counseling provides weekly in-home counseling and weekly support groups to seniors.

Santa Rosa Memorial Hospital

- Outpatient Behavioral Health Services.....707-547-5450

Inpatient Services

Center Point Drug Abuse Alternative Center

- Turning Point Residential Treatment.....707-284-2950
The program is an affordable, 12-step based residential treatment center offering individualized programs

for adults seeking recovery from addiction to alcohol and/or drugs. Treatment services include group counseling, educational classes, individual counseling, individual learning assignments and family counseling.

PERSONS WITH DISABILITIES

Agencies that provide services for adults who have physical, developmental, mental, or emotional impairments, illnesses, or injuries that prevent or interfere with their ability to perform intellectual or physical tasks that are normally within the range of human capability or which significantly limit their mobility or level of activity.

Ability Tools

- Assistive Technology Network800-390-2699
www.atnet.org

The Assistive Technology Network is a government-funded, nonprofit, statewide program. Assistive technology is equipment, modified or customized, that is used to increase, maintain or improve functional capabilities of individuals with disabilities.

Alzheimer's Association

- Alzheimer's Association Advocate707-573-3900
Advocates for people with Alzheimer's and other related dementias, and for their families.

American Association of People with Disabilities

- American Association of People with Disabilities800-840-8844
www.aapd.com

Disability rights organization promoting equal opportunity, economic power, independent living, and political participation for people with disabilities. Does not provide direct services but may provide referrals and resources.

American Council of the Blind

- Information and Referral Service202-467-5081
www.acb.org
Offers information and referral on blindness and visual impairment

American Foundation for the Blind Senior Site

- American Foundation for the Blind Senior Site800-232-5463
Program offers toll-free information and referral on all aspects of visual impairment, including blindness, glaucoma, vision loss due to diabetes. AFB has an online information center that provides common sense solutions to living with vision loss. Offers hope, help and encouragement to both persons experiencing vision problems and their family members and can link you to the local agencies that can assist.

Becoming Independent

- Community Living Supports707-524-6600
www.becomingindependent.org
Various programs for adults with developmental disabilities, including senior program.
- Personal Enrichment707-524-6600
www.becomingindependent.org/
Various programs for adults with developmental disabilities, including seniors

Brain Injury Network

- Brain Injury Support707-544-4323
Serves individuals who have sustained acquired brain injuries, provides peer support and self-help meetings. Offers survivor and family caregiver support by telephone and email and provides social and youth information and referral. Services also include advocacy on issues of importance to the brain injury community.

California Council of the Blind

- California Council of the Blind916-441-2100
Helps all blind and visually impaired Californians gain full independence and equality of opportunity.

California Department of Motor Vehicles

- Disabled Parking Placard707-576-2233
Allows parking in designated parking places with parking placard for people with disabilities.

California Department of Rehabilitation

- Blind Field Services707-576-2233
www.rehab.cahwnet.gov/
Program for the adult blind in the City of Sonoma and outside Sonoma County.
- Disabled Adult Services.....707-542-5609
Offers a day program for adults with physical, mental, and emotional disabilities by providing support groups and employment opportunities.
- Growth Opportunities.....707-542-5609
Offers programs to enable individuals with disabilities to obtain training, skills, and employment experiences to achieve economic self-sufficiency.
- Vocational Rehabilitation707-576-2233
www.dor.ca.gov
Vocational rehabilitation

California Employment Development Department

- State Disability Insurance800-480-3287
www.edd.ca.gov/disability/disability_insurance.htm
Provides wage loss benefits to eligible persons unable to perform their regular and customary work duties due to a non-work-related illness or accident, or to a medically disabling condition from pregnancy or childbirth.

California Human Development Corporation

- Developmental Disabilities Activity Center707-542-5609
www.chdcorp.org
Assists people with disabilities realize their full potential as adults, and become productive, active members of their community.

California State Library

- Braille and Talking Book Library916-654-0640
Library services to people who are unable to read standard print books because of visual or physical disabilities. Services offered free to qualified applicants are Braille and talking books, magazines, machines, catalogs. Uses free matter for the blind and physically handicapped postage.

Disability Services & Legal Center

- DSLC Assistive Technology.....707-528-2745
www.disabilityserviceandlegal.org
Assistive Technology (AT) is any adaptive aid used by a person with a disability to function as independently as possible both in the workplace and at home.
- DSLC Housing Access Modification Program707-528-2745
Removes architectural barriers from homes of persons who have disabilities.
- DSLC Transitions Project707-528-2745
DSLC's Transitions Project helps individuals living in convalescent hospitals and skilled-nursing facilities to relocate into their own apartments and homes.

Earle Baum Center

- Assistive Technology Services.....707-523-3222
Evaluates skills and needs; offers instruction in the use of adaptive hardware and software, such as computers, note-takers, cell phones, screen readers, and Global Positioning Satellite (GPS) systems.
- Braille Instruction707-523-3222
Reading and writing instruction in Braille: Practical use of Braille includes labeling such items as foods, files, clothing, games and more. Course content is based on individual needs.
- Independent Living Skills.....707-523-3222
Teaches adaptive skills for cooking, shopping, financial & household management, clothing color matching, and more. Course content is based on individual needs.
- Introduction to Vision Loss707-523-3222
For those with recent sight loss: Introduces information, techniques and equipment to promote an active life.
- Living With Vision Loss.....707-523-3222
Designed to address an individual's emotional adjustment to sight loss.
- Low Vision Clinic707-523-3222
A Low Vision Optometrist evaluates the patients' current visual abilities and explores vision aids to help compensate for sight loss.
- Orientation and Mobility.....707-523-3222
Develops the skills required to travel independently, safely and confidently. Specific instruction covers spatial concepts, sensory awareness, white cane skills, and the use of public transportation.
- Supports Groups for the Visually Impaired.....707-523-3222
Provides programs including training, social, and recreational opportunities in a community center for people with sight loss. Call for support groups in your area.

Easter Seals Bay Area - North Bay Region

- Information and Referral Services.....707-843-3745
Equipment loan of walkers, wheelchairs, commodes, shower benches, and canes.

Face To Face

- Care Services.....707-544-1581
www.f2f.org
Offering programs specifically for those diagnosed with AIDS or HIV.

Friends in Sonoma Helping (FISH)

- Emergency Transportation707-996-0111
Provides rides to medical appointments for Sonoma Valley residents only - call ahead to schedule a ride request.

Goodwill Industries of the Redwood Empire

- Wellness and Advocacy Center.....707-565-7800
Offers a wide range of services for adults with psychiatric disabilities.

Lighthouse for Blind and Visually Impaired

- Lighthouse of Marin415-258-8496
Promotes the independence, equality and self-reliance of people who are blind or visually impaired through rehabilitation training and relevant services, such as access to employment, education, government, information, recreation, transportation and the environment.

Max's Home Cares

- Equipment Loans.....707-364-0305
Must call for appointment to pick up or drop off any equipment. Donates walkers, wheelchairs, commodes, shower benches and canes.

National Multiple Sclerosis Society Northern California Chapter

- Resources for People with Multiple Sclerosis.....415-230-6677
The Northern California Chapter is a lifeline for people living with MS by providing reliable knowledge, engaging and innovative programs and services, financial assistance and a sense of community, the Northern California Chapter keeps people moving their lives forward with a mission to mobilize people and resources to drive research for a cure and address the challenges of everyone affected by MS.

People with Disabilities Foundation

- People with Disabilities Foundation.....415-931-3070
www.pwdf.org
Provides education and advocacy for people with psychiatric and/or developmental disabilities, with or without physical disabilities, so that they can achieve equal opportunities in all aspects of life. Provide representation for SSI, Social Security Disability, and disability work incentive programs hearings and appeals. Also provide brief consultations on Employment, Healthcare, SSA Work Incentive Programs & Post-Secondary Education.

PEP Housing

- Petaluma Ecumenical Properties707-762-2336
Various housing developments structured to maintain affordable housing in perpetuity.

State Council on Developmental Disabilities

- Area 4 Board--State Council on Developmental Disabilities707-648-4073
Provides advocacy, public information programs, encouragement, assistance in preparation of a state plan for developmental disabilities services. Cooperates with coordinating and planning bodies and county governmental groups.

Verity - Sonoma County Rape Crisis Trauma & Healing Center

- Forgotten Warriors Project707-545-7270 ext 11
Offers free, confidential services to Sonoma County's resident survivors of Military Sexual Trauma (MST) resulting from either a sexual assault or repeated sexual harassment while in the military. Verity is able to provide Veterans as well as enlisted women and men with services that include individual counseling with a licensed clinician, women's support groups and men's support groups for survivors, and advocacy.

Vintage Visions

- Vintage Visions 707-996-0311
Offers information and support groups facilitated by the Earle Baum Center for seniors with visual impairments.

California Telephone Access Program

- Telephone Access Program 800-806-1191

PETS AND COMPANION ANIMALS

A Leg Up Rescue

- A Leg Up Rescue.....707-591-5417
A nonprofit animal rescue organization that works with shelters to help animals get into foster homes, then adopted into permanent homes.

Ability Tools

- Assistive Technology Network800-390-2699
www.atnet.org
The Assistive Technology Network is a government-funded, nonprofit, statewide program. Assistive technology is equipment, modified or customized, that is used to increase, maintain or improve functional capabilities of individuals with disabilities.

Bergin University

- Assistance Dogs707-545-3647
Trains and provides service dogs for people with mobility issues.

Canine Companions for Independence

- Canine Companions for Independence707-577-1700
Enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships. Free.

County of Sonoma Department of Health Services - Public Health Division

- Animal Shelter707-565-7100
Cares for stray and adoptable animals in Santa Rosa, Windsor, and unincorporated areas of Sonoma County.

Forgotten Felines of Sonoma County

- Forgotten Felines of Sonoma County707-576-7999
Provides cats and kittens for adoption.

Guide Dogs for the Blind

- Guide Dogs for the Blind415-499-4000
Provides skilled mobility dogs, training and support services free of charge to people who are blind throughout the US and Canada.

Humane Society & SPCA of Sonoma County

- Humane Society of Sonoma County707-542-0882
Offers discounts for seniors on some pet related services; pet adoptions, pet supplies, dog and puppy training classes and placement of deceased owner's pets. Low cost spay and neuter clinic for Sonoma County residents - by appointment only.

TRANSPORTATION

Programs that provide for the basic non-emergency transport needs of the community, including special arrangements for elderly or disabled individuals who do not have personal transportation and cannot utilize public transportation.

Fixed Route Public Transportation

City of Petaluma

- Petaluma Paratransit707-778-4460
cityofpetaluma.net/pubworks/paratransit.html
Americans with Disabilities complimentary door to door transportation for ADA-eligible persons within Petaluma is available. Paratransit provides rides to persons who, due to a disability, are unable to utilize Petaluma Transit's fixed route bus service for some or all of their trips.
- Petaluma Senior Center Transportation707-778-4399
www.cityofpetaluma.net/parksnrec/senior.html
Specialized Information and Referral to transportation resources.

• Petaluma Transit.....	707-778-4460
cityofpetaluma.net/pubworks/transit-sub.html	
City of Rohnert Park	
• Rohnert Park Senior Center	707-585-6780
www.rpcity.org	
Offers a variety of programs and services for seniors age 50+. Mini-bus transportation service available to residents of Rohnert Park, Cotati and Penngrove.	
City of Santa Rosa	
• Santa Rosa City Bus	707-543-3926
Offers a discounted Regional Transit Connection ID card for disabled persons. Seniors over the age of 65 receive a discount with the regular ID Card.	
Cloverdale Transit	
• Cloverdale Transit.....	707-894-1743
No Holidays - call for service hours and routes.	
County of Sonoma - Sonoma Access	
• Transportation Information.....	211
www.sonomaaccess.org	
Provides transportation information through out Sonoma County and the North Bay at www.sonomaaccess.org and call center.	
County of Sonoma Transit	
• Sonoma County Transit.....	707-576-7433
www.sctransit.com	
Operates bus routes in Sonoma County transit service hours Mon-Fri 5:00am-11:00pm limited weekend routes and times. Call for information.	
Golden Gate Transit	
• Golden Gate Transit	415-257-4554
• Senior Discount Cards.....	415-455-2000
Provides discounted fares on bus and ferry for persons aged 65 and older with identification. Fee is half of adult fare.	
Greyhound Lines INC.	
• Greyhound Bus Lines	800-231-2222
Providing bus transportation services.	
Mendocino Transit Authority	
• Mendocino Transit Authority	800-696-4682
Offering daily service between Point Arena, Mendocino, Ukiah, and Santa Rosa.	
Metropolitan Transportation Commission	
• 5-1-1 SF Bay Area	511
www.511.org	
Source for all Bay Area transportation information.	
Petaluma People Services Center	
• Copy of Petaluma Paratransit.....	707-765-8493
Provides rides on a daily basis Monday-Saturday for disabled persons and frail seniors who are unable to ride city buses. May make reservations at least 48 hours in advance. Reservation call in hours are between 9am until 4pm Monday through Friday.	

Vintage House

- Local Independent Mobility Options 707-996-0311
Provides seniors 60 + who can no longer drive with free door-to-door rides for non-medical purposes. Vintage House membership is not required to use LIMO. A notice of five (5) working days is required to reserve your ride, but please do try us though at anytime in case there is a Volunteer Driver available. Typical destinations include grocery shopping, hair dresser, post office, banks, library, Farmers Market and of course Vintage House! For rides to medical appointments please call FISH.

Paratransit Services

AM-Care Non Emergency Medical Transportation

- AM-Care Non Emergency Medical Transportation 707-578-1144
A non-emergency, fee based service accepting insurance, cash, check or credit payments, for wheelchair, gurney transportation with oxygen available.

American Cancer Society

- Transportation 707-545-6720
Provides free transportation to and from treatment for cancer patients.

Becoming Independent

- Transportation
www.becomingindependent.org/
Provides rides taking people to and from their homes and jobs, Becoming Independent (BI) program sites, and to community events all over Sonoma and Napa counties. An additional service, the BI-EXPRESS, provides a critical weekend and evening service for people with disabilities and other populations in need of a ride who don't have access to alternative transportation during those times.

California Department of Motor Vehicles

- Disabled Parking Placard 707-576-2233
Allows parking in designated parking places with parking placard for people with disabilities.

City of Petaluma

- Petaluma Paratransit 707-778-4460
cityofpetaluma.net/pubworks/paratransit.html
Americans with Disabilities complimentary door to door transportation for ADA-eligible persons within Petaluma is available. Paratransit provides rides to persons who, due to a disability, are unable to utilize Petaluma Transit's fixed route bus service for some or all of their trips.
- Petaluma Senior Center Services 707-778-4399
www.cityofpetaluma.net/parksnrec/senior.html
Offers recreation, social services and a drop-in center for senior citizens. Scheduled classes and monthly activities include day trips. Also offers outreach services such as legal advocacy and health insurance counseling. A newsletter is available at an affordable cost. Specialized Information and Referral.

City of Santa Rosa

- MV Transportation-Santa Rosa Paratransit 707-546-1999
Provides wheelchair rides within Santa Rosa city limits. Call about application process.

Cloverdale Transit

- Cloverdale Transit 707-894-1743
No Holidays - call for service hours and routes.
- Wheelchair Transport 707-894-1743
Provides wheelchair transport within the Cloverdale City limits.

County of Sonoma - Sonoma Access

- Transportation Information211
www.sonomaaccess.org
Provides transportation information throughout Sonoma County and the North Bay.

County of Sonoma Transit

- Regional Transit Connection Discount Card.....707-543-3333
www.sctransit.com
Call for information on Regional Transit Connection ID Card for seniors or disabled persons or see Santa Rosa City Bus.
- Sonoma County Paratransit707-573-3377
www.sctransit.com
ADA paratransit eligibility for those unable to use fixed routes.d

Friends in Sonoma Helping (FISH)

- Emergency Transportation707-996-0111
Provides rides to medical appointments for Sonoma Valley residents only - call ahead to schedule a ride request.

Petaluma People Services Center

- iRide707-765-8488
Free rides scheduled by calling 5 business days in advance for medical, social, and shopping needs for Petaluma residents aged 60 and older.

Rohnert Park Sunshine Bus

- Rohnert Park Sunshine Bus707-585-6780
Offers van rides by appointment on limited hours and days.

Sebastopol Area Senior Center

- Volunteer Driver Transportation Program707-829-2440
Provides transportation to medical, social service and shopping needs for West County Residents who are over 60 years of age. Services available Mon-Fri, Call to schedule 5 business days on advance.

Transport Care

- Transport Care707-478-8856
Provides wheelchair and gurney transportation for a fee for seniors.

Vintage House

- Local Independent Mobility Options707-996-0311
Provides seniors 60 + who can no longer drive with free door-to-door rides for non-medical purposes. Vintage House membership is not required to use LIMO. A notice of five (5) working days is required to reserve your ride, but please do try us though at anytime in case there is a Volunteer Driver available. Typical destinations include grocery shopping, hair dresser, post office, banks, library, Farmers Market and of course Vintage House! For rides to medical appointments please call FISH.

Volunteer Center of Sonoma County

- Volunteer Wheels707-573-3377
www.volunteernow.org/volunteers/volunteer-opportunities-with-the-volunteer-center/volunteer-wheels.aspx
Vans with wheelchair lift or sedans. Call about application process.

WheelCare Express

- WheelCare Express.....707-573-3055
Provides non-emergency wheelchair transportation for seniors.

Non- Emergency Transportation

AM-Care Non Emergency Medical Transportation

- AM-Care Non Emergency Medical Transportation 707-578-1144
A non-emergency, fee based service accepting insurance, cash, check or credit payments, for wheelchair, gurney transportation with oxygen available.

American Cancer Society

- Transportation 707-545-6720
Provides free transportation to and from treatment for cancer patients.

City of Healdsburg

- Healdsburg Dial-A-Ride 707-431-3324

City of Petaluma

- Petaluma Paratransit 707-778-4460
cityofpetaluma.net/pubworks/paratransit.html
Americans with Disabilities complimentary door to door transportation for ADA-eligible persons within Petaluma is available. Paratransit provides rides to persons who, due to a disability, are unable to utilize Petaluma Transit's fixed route bus service for some or all of their trips.

County of Sonoma - Sonoma Access

- Transportation Information 211
www.sonomaaccess.org
Provides transportation information through out Sonoma County and the North Bay at www.sonomaaccess.org and call center.

County of Sonoma Transit

- Regional Transit Connection Discount Card 707-543-3333
www.sctransit.com
Call for information on Regional Transit Connection ID Card for seniors or disabled persons or see Santa Rosa City Bus.

Episcopal Senior Communities

- Senior Resources @ Home 707-539-9000

Face To Face

- Care Services 707-544-1581
www.f2f.org
Offering programs specifically for those diagnosed with AIDS or HIV.

Friends in Sonoma Helping (FISH)

- Emergency Transportation 707-996-0111
Provides rides to medical appointments for Sonoma Valley residents only - call ahead to schedule a ride request.

Petaluma People Services Center

- Copy of Petaluma Paratransit 707-765-8493
Provides rides on a daily basis Monday-Saturday for disabled persons and frail seniors who are unable to ride city buses. May make reservations at least 48 hours in advance. Reservation call in hours are between 9am until 4pm Monday through Friday.
- iRide 707-765-8488
Free rides scheduled by calling 5 business days in advance for medical, social, and shopping needs for Petaluma residents aged 60 and older.

Rohnert Park Sunshine Bus

- Rohnert Park Sunshine Bus707-585-6780
Offers van rides by appointment on limited hours and days.

Sebastopol Area Senior Center

- Volunteer Driver Transportation Program707-829-2440
Provides transportation to medical, social service and shopping needs for West County Residents who are over 60 years of age. Services available Mon-Fri, Call to schedule 5 business days on advance.

Sonoma County Indian Health Project

- Manchester Point Arena Satellite Clinic707-882-2877
Offers primary medical care to the Native American population from Gualala North to Irish Beach. Services at the Satellite Clinic are limited. Current staff includes a medical provider, registered nurse, counselor, receptionist, and transporter on a part-time basis. Does not offer emergency services.
- Native American Seniors Transportation Information707-521-4545
Provides transportation information and assistance for Native Americans Senior Citizens.

Transport Care

- Transport Care707-478-8856
Provides wheelchair and gurney transportation for a fee for seniors.

Verihealth

- Non Emergency Transportation.....707-766-2400
Provides non-medical transportation for seniors.

Vintage House

- Local Independent Mobility Options707-996-0311
Provides seniors 60 + who can no longer drive with free door-to-door rides for non-medical purposes. Vintage House membership is not required to use LIMO. A notice of five (5) working days is required to reserve your ride, but please do try us though at anytime in case there is a Volunteer Driver available. Typical destinations include grocery shopping, hair dresser, post office, banks, library, Farmers Market and of course Vintage House! For rides to medical appointments please call FISH.

WheelChair Express

- Wheelchair Express.....707-573-3055
Provides non-emergency wheelchair transportation for seniors.

VETERANS

American Red Cross - CA Northwest Chapter

- Military Family Services.....707-577-7606
www.redcross.org/find-help/military-families
Provides emergency communication services between active duty military and their immediate family members both within the United States and overseas and related casework services, including access to financial assistance from the appropriate military aid society.

Blind Veterans Association

- Field Service Program202-371-8880
Offering Support Groups, transportation assistance, and Field Service program which locates blind veterans to link them with programs available.

CAL-VET Farm and Home Loan

- CAL-VET Farm and Home Loan800-952-5626

California Department of Veteran Affairs

- Veterans Home 707-944-4601 or 707-944-4704
Offers housing for California veterans with honorable discharge with active duty over the age of 62 or disabled.

California Employment Development Department

- CalJOBS Employment Services 707-576-2850
www.caljobs.ca.gov/
Provides an Internet-based job-opening and resume-listing system for job information and employment opportunities. Serves both employers who want to fill job openings and individuals seeking employment.

County of Sonoma Human Services - Adult and Aging Division

- Veterans Service Office 707-565-5960
www.scvets.org
Provides assistance and advocacy for veterans and their dependents and survivors to claim state and federal benefits. Provides information, assistance and referral in obtaining medical and other services.

Defense Centers of Excellence

- Outreach Center and Transition Support 866-966-1020
Provides advocacy services to active military, veterans, and families of active military and veterans. Services include advocacy, specialized information and referral, and veterans benefits assistance. Services are targeted to individuals dealing with mental health issues and traumatic brain injuries. If you have a question about a psychological health or traumatic brain injury concern, the DCoE Outreach Center is available 24/7.

Department of Veterans Affairs

- Veteran Burial and Survivor Benefits 916-566-7430
Veteran's burial and survivor benefits; service and nonservice connected.
- Veterans Crisis Line 800-273-8255
www.veteranscrisisline.net
Connects veterans in crisis and families and friends with qualified Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

North Bay Veterans Resource Center-A Division of Vietnam Veterans of California Inc

- North Bay Veterans Resource Center 707-578-8387
Assists enrolled veterans of all eras with transportation, clothing, tools, fees, tuition and training costs. Veterans employment and training program and veterans' transitional home.

San Francisco Department of Veterans Affairs Medical Center

- Santa Rosa VA Outpatient Clinic 707-569-2401
www.sanfrancisco.va.gov/cboc/santarosa.asp
Offers health services, mental health services, and pharmacy.

Sonoma County Veterans Service Office

- Sonoma County Veterans Service Office 707-565-5960
Enrollment in the VA health care system and California veterans homes; burial benefits and education benefits including the GI Bill, CAL VET tuition fee waivers, disability compensation, and non-service connected disability pension (Aid and Attendance)

Verity - Sonoma County Rape Crisis Trauma & Healing Center

- Forgotten Warriors Project 707-545-7270 ext 11
Offers free, confidential services to Sonoma County's resident survivors of Military Sexual Trauma (MST)

resulting from either a sexual assault or repeated sexual harassment while in the military. Verity is able to provide Veterans as well as enlisted women and men with services that include individual counseling with a licensed clinician, women's support groups and men's support groups for survivors, and advocacy.

Vet Connect

- Veteran Resources 707-755-1417
Offers an outreach program for all veterans and their families that helps with housing, VA Benefits, legal issues and many other services that you may require.

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IMPORTANT PERSONAL CONTACT INFORMATION

Doctors:

Attorneys:

Family Members:

Friends/Neighbors:

Other:

TIPS TO HELP PROTECT YOURSELF AGAINST FINANCIAL ABUSE, SCAMS, AND FRAUDS

5 DOs:

1. Organize your finances and regularly check on your assets. Secure personal information and documents. Shred unneeded material that contains personal information.
2. Document your estate plans, and sign a power of attorney. Consider hiring a private fiduciary to help manage your finances.
3. Learn about common scams, financial and investment frauds, and unscrupulous sales practices. Visit our website, socoelderprotect.org.
4. When hiring a caregiver, do a background check. Call all references. Have a formal written work contract.
5. Get caller ID for your phone, and be wary of numbers you don't know. Calls asking for personal information can be scams.

5 DON'Ts

1. Never give your social security number, banking or personal information over the phone, by mail or online unless you can verify that the contact is legitimate.
2. Don't engage with phone, door-to-door or online solicitors. Hang up the phone, close the door, and never open e-mail from names you don't know.
3. Ignore pressure to "act fast, right away." There are many legitimate-sounding telephone and e-mail scams, like the false "your grandson's in jail / the hospital and needs you to send money" pitch.
4. Don't make financial decisions alone. Consult trusted family, friends and professionals.
5. Refuse to allow a caregiver to handle your money without a formal written agreement.

Call!

Your call is confidential and anonymous
Report 24 hours a day

Adult Protective Services
(707) 565-5940 • (800) 667-0404
for elders living at home

Ombudsman Program for Licensed Facilities
(707) 526-4108 • (800) 231-4024
for elders living in residential or nursing facilities

www.socoelderprotect.org
for more information

**Sonoma County
Human Services Department**

Adult and Aging Services

Programs

- Area Agency on Aging
- In-Home Supportive Services
- Adult Protective Services
- Multipurpose Seniors Services Program (MSSP)
- Linkages
- Public Authority
- Public Administrator/ Public Guardian /Public Conservator
- Veterans Service Office

Initiatives

- My Care, My Plan, advance health care directive workshops
- Older Adults Collaborative, senior depression screening, treatment
- Aging Together, improving health and quality of life across the lifespan
- Aging Together with Pride, LGBTQI aging support groups and cultural competency training for providers
- Forgotten Warriors, mental health services for veterans affected by military sexual trauma
- Senior Health Initiatives, nursing services, community health projects

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The County of Sonoma does not unlawfully discriminate in its programs, activities or employment based on race, color, ancestry, national origin, religion, sex, sexual orientation, marital status, age, medical condition or disability as required by applicable federal and state laws. If you need reasonable accommodation due to disability or have an equal opportunity concern, refer to the EEO/AA procedure or representative in the department where you seek assistance or the County's Affirmative Action Coordinator, Sonoma County Human Resources Department, 575 Administration Dr., Suite 116 B, Santa Rosa, CA 95403, (707) 565-2107, TDD-TTY (707) 565-3949.



Human Services Department
COUNTY OF SONOMA

Sonoma County

Area Agency on Aging

Programs and Services

Senior Care

- Adult Day Care
- Alzheimer's Day Care
- Caregiver Support and Respite
- Case Management
- Long-Term Care Ombudsman

Nutrition

- Senior Lunch Programs
- Meals on Wheels Home Delivery

Safety

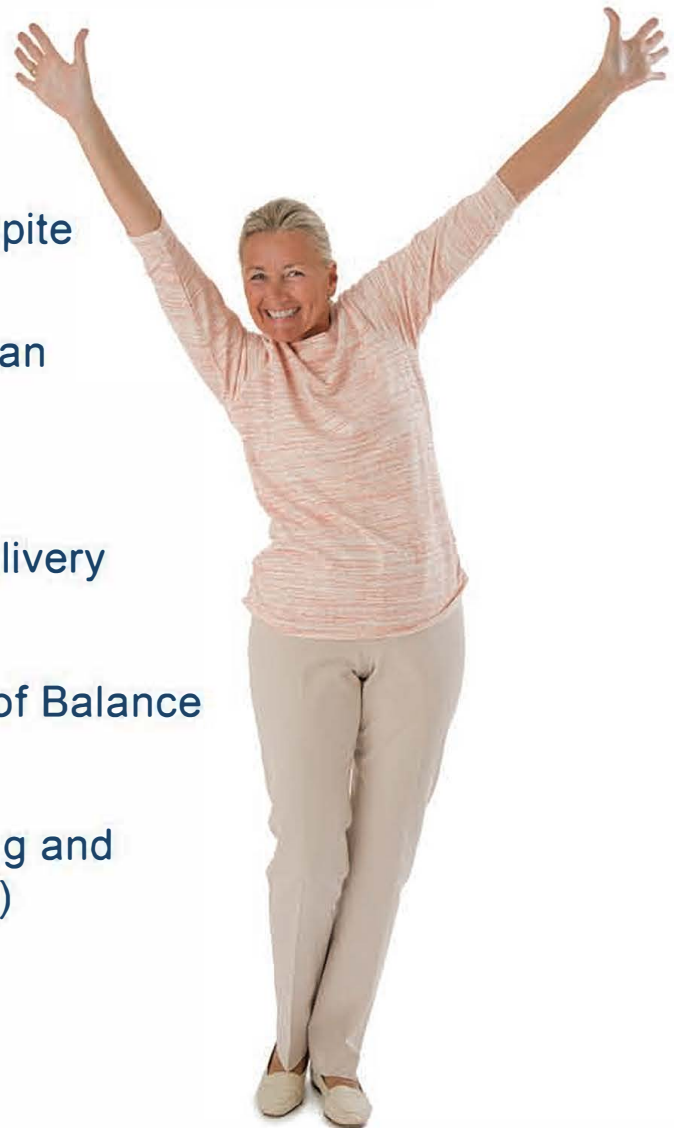
- Fall Prevention - A Matter of Balance

Insurance / Legal

- Health Insurance Counseling and Advocacy Program (HICAP)
- Legal Services

Transportation

- Volunteer Drive Programs
- Driving Safely As We Age, transition from driver to non-driver support



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Our agency values diversity. Whatever your race, ethnicity, religion, country of origin, language, abilities, sexual orientation, or gender, you are welcome here.